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THE READS

from his new book.

These Are the Jokes, Folks!
Humor Editor
Andy Simmons picks his favorite gags

Now That's Funny!

Laughterpedia
The stuff that cracks
us up, from A to Z.

Dog-crazy: Tim Tebow remembers, Dean Koontz recommends, and Steve Madden reflects.

The Man Who Wouldn't Quit
Atale of extraordinary

courage in the face of racism. ALEX HALEY, FROM READER'S DIGEST, MARCH 1963

Feather Fancy
A magnificent showcase
of gorgeous and useful
plumes. PHOTOGRAPHY BY
ROBERT CLARK

Hot. Thirsty. Lost. Three women

Lost. Three women took a drive to Death Valley for a day of exploring and wound up struggling for survival.

25 Secrets Your Congressperson Won't Tell You What Washington insiders don't talk about.

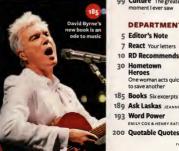
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124 Why a Hospital
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Here's how to understand your health-care bill—and save thousands.





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REAL JALAPENOS IN OTHER WORDS

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Editor's Note

Now That's Funny!

I have one joke. I simply can't remember any others. Here I go: No matter what question I ask.

say "pea soup."

OK. What did you have for breakfast?

Pea soup.

What did you have for lunch?

Pea soup.

What did you have for dinner?
Pea soup.

What did you do all night?
Pee soup.

Pathetic, right? I kill at home. (One of the surprise upsides of parenthood is that you're suddenly the most hilarious person in the world.)

You might ask yourself, How is it possible that Reader's Digest (legendary for our trademark column "Laughter, the Best Medicine") has an editor who's Joke-challenged? She has Andy Simmons, our

Andy, Dean, Emilie, Bill, and Bob

humor editor for nine years. Andy decides

Andy decides which jokes get into the magazine, and it's a more daunting task than you'd think.

Laugh "Laughterpedia" (page 112) Gulp "Why a Hospital Bill Costs What It Costs"

(page 124)

Cheer "The Man

Who Wouldn't Ouit"

(page 144)

A Reader's Digeer joke must be funny (obviously) and clean (readers pass their magazines up and down the family tree). Andy does a terrific job. Every issue, our humor pages rank as your favorites. As if he didn't have enough to do, he also wrote a hoot of a book. Now That's Funny! See 13 of his favorite jokes from the book on page 108. You can also thank him for the political cartoons on page 12 and the alphabet soup

Check out this shot of our art team yukking it up at Andy's photo shoot. Me? I was back in the office, working on the budget. Some might say, Now that's funny.

of hilarity on page 112.

Vaccauello liz@rd.com Follow me on Twitter



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Outrageous Praise

The June issue was excellent! It blew me away. By the way, I got a paper cut while reading your magazine, so I expect a \$25,000 check for pain and suffering, a Band-Aid, and a warning printed in your next issue.

*Robert Distel, Unionville, Connection.

This has to be one of your best issues ever, if not the best. So much of what you presented would make great TV or movie comedy material—if it weren't true. But that's the craziest part: It's all true.

*Lucille VanDusen, wingststown, New Jersey.

Outrageous Debate



Three cheers for Reader's Digest for including the item on intolerance in

WORD BY WORD

This graphic "word cloud" via wordie.net reveals the most frequently used words in your letters on the June issue.

"That's Outrageous!" I've been a subscriber for many years, and this is the first time I've ever seen the magazine address issues of gays and lesbians. We read RD too!

Missy Aymami, via e-mail

I enjoyed the quips, but the one item on intolerance was not funny. The Catholic Church has clearly expressed its views on homosexuality. Why did Ms. Johnson think the church should change that expressed ideology for her or anyone else? That is outrageous.

Charlotte Pestel, Kalispell, Montan

We asked our friends on Facebook to suggest their own captions for this cartoon. These are a few of our favorites.



"When veggies go bad."

"I can't believe it—I'm being held up by the Broccoli Raber."

"Payback for all those years of boiling out my nutrients."

boiling out my nutrients."

Susan Hokama

"Give it up, lady, or I'm gonna get

steamed!" Lynn R. Heim
"I have heard of stalking, but this
is a little extreme!"

Michele Renee Clark

"Wow—looks like someone needs to veg out." Jann Flebbe

Original caption:
"This isn't helping your reputation."

Who's Fighting for Our Vets?



Thank you for including stories of military members in transition ("You're

Welcome, America. Now Hire Us" and "Soldiers No More"). When I left the service, I found the transition to civilian life difficult. Since, I've been blessed with a number of career opportunities, including my current job at Microsoft, a company committed to recruiting veterans.

Jim Barber, Parker, Colorado

I am currently deployed, and "You're Welcome, America. Now Hire Us" shed an honest light on what service members may experience once they finish their tours. Articles like this also educate me so that I can prepare my sailors for the unique job-search challenges they will face in the future. Chief Quinton I, Avery, viscoul

Chief Quinton J. Avery

America as a whole is struggling for jobs. However, our troops deserve much more than they are getting. Put Congress on military pay and our military on Congress pay.

Lois Crigger, via Facebook

The more I read about these honorable people, the more frustrated I became. It's ridiculous that these individuals need to go back to school for certification. Why can't the government ensure that when our soldiers go through medical or

technical training in the armed forces, they automatically become certified in the civilian workforce as well? This seems to be a no-brainer. Rita Fasson, Orlando, Florida

My husband and I own a small business, and we've always sought out ex-military to fill positions, like the men and women in Gary Sledge's article. Those we've hired are sharp. well trained, disciplined, professional, and motivated. I hope more employers see the valuable resource that we have in our former military Lynn Crawford, Washaw, North Carolina

Mending Family Fences



Joe Hagan wrote a beautiful article about how differences in political

views affect families ("Red Dad, Blue Son"). As the Republican daughter of a Democrat who's married to the Republican son of a Democrat, I've learned the key is to respect and love one another in spite of differing opinions. Lisa Shumway, Dayton Nevada

A Reasonable Reaction



I found it ironic that the conclusion of "Overreaction Nation" mentioned

headlines that make people worry that their canker sore is cancer, yet the article on the very next page was about "Health Horrors!" Thanks for the chucklet

Ali Bramson, Verona, Wisconsin

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RDRecommends*

GREATEST HITS FROM OUR (WILDLY POPULAR!) STAFF BLOG

Of Fleeting Interest



PEDLICING SECRET YOU PROBABLY HAVEN'T TRIED Acupuncture: Lab rats were measurably more relaxed afterward. Could it work for you?

MUSIC MY DAD ANDICANBOTH APPRECIATE

Worth downloading Radical Face, Young the Giant, and Edward Sharpe and the Magnetic 7eros

WILL IUSTIN RIERED'S HAIRCUT GIVE YOU A LATY EYE? Australia's Daily Telegraph explores whether bangs can cause amblyopia. What would they have said about mon tops?

WHAT THE MOST SUCCESSEU PEOPLE DO REFORM RDEAVEAST One secret from this

compact e-book: Stack your day to tackle goals first thing, when you most control your schedule



VIDEO: FROM

LOVE TO RINGO A clever one-minute flip-motion movie with real heart tells a life story, using 873 photos from stock agency Getty's archives.



VIETNAM **VET'S OUEST** The Washington Post profiled Jan Scruggs detailing his controversial drive for an education center at the D.C. Vietnam Veterans Memorial.

ODDIAST REQUEST Postmortem, you can crush ashes into a diamond or blast

them into space. or opt for this new idea, via **Businessweek**: Convert them into a vinyl record

> THE ROBIN ROBERTS FEFFCT

Within hours of the GMA anchor's announcement, 3,600 people signed up to donate bone marrow (compared with 200 to 300 on a typical day).

10 SOCIAL NETWORKING SITES THAT

COULD REPLACE

FACEBOOK

Huffington Post

examines what's new

for you to like.

Including our

editor's favorite

"DELAYED DROWNING" Scary phenom in which you can die even after being rescued. The three signs to watch for: difficulty breathing extreme tiredness.

and changes in

nextdoor.com behavior

Of Lasting Interest





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Humor

EDITED BY ANDY SIMMONS

Elec-Toons 12



"I'll only be a second.
I've done this four times today."



"Actually, I couldn't care less what they do about capital gains."



"Congratulations, looks like you're in office!"

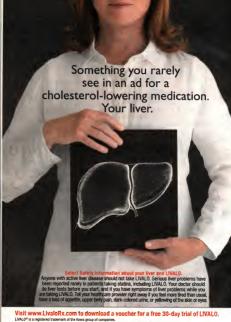
Kindle Fire.



"Harold is the 'margin of error' in those political polls."



"Wash your hands, eat your peas, go to bed ... There's too much regulation!"



O Kowa Pharmaceuticals America, Inc. and Lifly USA, LLC (2012). All rights reserved. LTV-MT-0385 PS78448

You might be aware that cholesterol is made in the liver. But did you know approximately 75% of all drugs processed in the body share a common metabolic pathway in the liver? When drugs that share this pathway are taken together, a drug interaction may occur.

LIVALO® (pitavastatin) tablets is mainly metabolized apart from this common metabolic pathway and may be less likely to interact with drugs that depend on this pathway.

To learn more about potential drug interactions that may occur with LIVALO, see below, and talk to your doctor about whether LIVALO may be right for you. What is 11VALO?

 LIVALO is a prescription medicine that, along with diet, has been approved for the treatment of high cholesterol. LIVALO has not been studied to evaluate its effect on reducing heart-related disease or death.

Drug Interactions with LIVALO

If you are taking cyclosporine, do not take LIVALO.

Caution should be taken when using LIVALO in combination with other cholesterol drugs like niard fibrates, as this may increase your risk of serious muscle problems. Avoid use with gemfibrozil.

Some druss, like erythromytin and infammin may

lead to drug interactions requiring a lower maximum daily dose of LIVALO, when used in combination.

(pitavastatin) tablets

Who should NOT take LIVALO?
LIVALO is not right for everyone. Do not take LIVALO if:

You have a known allergy to LIVALO or any of its inoredients.

 You have active liver problems, including some abnormal liver test results.

You are nursing, pregnant or may become pregnant, as it may harm the baby.

as it may harm the baby.

• You are currently taking cyclosporine or gemfibrozil.

What is the most important information i should

know and talk to my doctor about?

Call your healthcare provider or get help right away if you experience any symptoms of an allergic

reaction, such as rash, itching, or hives.

Muscle problems may be an early sign of a rare, serious condition. Tell your doctor right away if you have any unexplained muscle pain, weakness, or tenderness, particularly if you also have a fever. Serious liver problems have been reported rarely in patients taking statins, including LIVALO. Your doctor should do liver lests before you start.

and if you have symptoms of liver problems while you are taking LIVALO. Tell your healthcare provider right away if you feel more tired than usual, have a loss of appetite, upper belly pain, dark-colored uring, or yellowing of the skin or eyes.

 Tell your doctor about all your medical conditions and medications you take including nonprescription medicines, vitamins, or herbal supplements.

Increases in blood sugar levels have been reported with statins, including LIVALO.

Tell your doctor about your alcohol use.

What are the most common side effects of LIVALO?

of LIVALO?
The most common side effects of LIVALO in clinical studies were:

Back pain
 Muscle pain
 Constination
 Pain in less or arms

Diarrhea
This is not a complete list of side effects. Talk to

your healthcare provider for more information.

You are encouraged to report negative side effects of all drugs to the FOA.

Visit www.fda.gov/medwatch or call 1-800-FDA-1088. How should I store and take LIVALO?

Store LIVALO tablets at room temperature, in a dry place, and out of the reach of children.
 LIVALO can be taken at any time of day, with or without four.

Swallow the tablet whole. Do not split, crush, dissolve, or chew.

Other important information I should know about LIVALO.

 LIVALO has not been studied to evaluate its effect on reducing heart-related disease or death.
 LIVALO is available by prescription only.

For additional information please see the brief summary of full Prescribing Information on following page.

LIV-RA-0046 PS77434 2/2012

What else should I know about LIVALO?

• You can continue to drink grapefruit juice while

taking LIVALO.

LIVALO is available in 1-mg, 2-mg, and 4-mg tablets.





LIVALO® (pitavastatin) tablets (LIV-ah-lo) – Consumer Brief Summary Information.

Information for Patients about LIVALO® (pitavastatin) tablets:
Please read this information carefully before your or your

Please read this information carefully before you, or your tamily member, start taking LUNLO and each time your prescription is refilled in case anything has changed or new information has become available. This information is not meant to lake the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if their is something you on our understand or if you want to learn more about LUNLO. Always sillow your healthcare provider's instructions for sixtun ISM IV.

What is LIVALO?

- LNALO is a prescription medicine that belongs to a group of cholesterol-lowering medicines called "statins".
 LIVALO, along with diet, lowers total cholesterol. "bad"
- cholesterol (LDL-C) and triglycerides. It can also raise "good" cholesterol (HDL-C).
- The effect of LIVALO on cardiovascular morbidity and mortality has not been determined.

 What is the most important information I should talk

with my doctor about? • Call your healthcare provider or get help right away if

- you experience any symptoms of an allergic reaction, such as rash, itching, or hives.

 Muscle problems may be an early sign of a rare.
- serious condition. Tell your doctor right away if you have any unexplained muscle pain, weakness, or tendemess, particularly if you also have a fever.
- Serious liver problems have been reported rarely in patients taking statiss, including LIMLQ. If bur doctor should do liver tests before you start, and if you have symptoms of liver problems while you are taking LIMLQ. Tell your healthcare provider right away if you feel more first than usual, have a loss of apeausing of the skin or eye.
- Increases in blood sugar levels have been reported
- with statins, including LIVALO.

 Tell your doctor about all your medical conditions and medications you take including nonprescription.
- medicines, vitamins, or herbal supplements.

 Tell your doctor about your alcohol use.

 Who should NOT take I IVAI 02

Do not take LIVALO if:

- You have a known allergy to LNALO or any of its incredients.
- You have active liver problems which may include some abnormal liver test results.
 You are nursing, pregnant, or may become pregnant.
- as it may harm the baby.

 You are currently taking cyclosporine.

What are the most common side effects of LIVALO? The most common side effects of LIVALO in clinical studies were:

Back pain

- Constipation
 Diarrhea
- Muscle pain
 - Pain in the legs or arms
 is not a complete list.
- This is not a complete list of side effects. Talk to your healthcare provider for more information. You are encouraged to report negative side effects of all

drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Can other medications affect my treatment with LIVALO? Yes, other medications may affect LIVALO; you should consult with your doctor if you take any of the following:

- Erythromycin
 Rifamnin
- Gemfibrozil
- Other drugs for high cholesterol (i.e., fenofibrates, niacin.)
 What should I tell my doctor before taking LIVALO?
 Tell your doctor if:
 - You are allergic to LNALO, or any of its ingredients; you may get a full list of ingredients from your doctor
 - or pharmacist.

 You are having or have been told you have active liver
 - You are having or have been told you have active if or kidney disease.
 - You are pregnant, think you are pregnant, are planning to become pregnant, or are breast-feeding.
 You are taking other medications, discuss all medication.
 - tou are taking other medications, discuss all medication, both prescription and over-the-counter, with your doctor.
 You consume alcoholic beverages.
- You are diabetic or have been told you may develop diabetes as the doctor may wish you to monitor your blood glucose more closely.

How should I store and take LIVAL0?

- Store LNALO at room temperature, in a dry place, protected from light, and keep out of the reach of children.
- LNALO can be taken at any time of day, with or without food.
 Swallow the tablet whole. Do not split, crush, dissolve.
- or chew.

 if you take too much LIVALO or you or someone else takes an overdose, call your doctor and/or local Poison Control Center.

The information provided is not complete.

Please see the full Prescribing Information available at www.LivaloRx.com. LNALO® is a trademark of the Kowa group of companies.

LNALO is available by prescription only. LNALO is marketed by: Kowa Pharmaceuticals America, Inc. Montgomery, AL 36117 USA, and Lilly USA, LLC. Indianapolis, IN 45255 USA

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Laughter, the Best Medicine

hose first two people, the ones who said, "It's a bird! It's a plane!" What were they so excited about?

> Comedian Shar Vanderworth

Two great white sharks swimming in the ocean spy some surfers. The

younger one licks his lips and makes a beeline for them.

"Just a minute,"
says his father,
stopping him. "First
we swim around them
with just the tip of
our fins showing."
And they do.

"Now we swim around them a few times with all our fins showing."

And they do.
"Now we eat everybody."

When they are both gorged, the son asks, "Dad, why didn't we just

eat them when we first saw them?"
"Because they taste better without
all the poop inside."

Submitted by Frank Johnston, Jacksonville Florida



I knew I was going bald because it was taking longer and longer to wash my face. Comedian Harry Hill

My parents keep asking why I never come home for a visit. It's because Delta Air Lines won't wait in the yard while I run in.

Comedian Margaret Smith



OHumor

I've been told that when you meet the right person, you know immediately. How come when you meet the wrong person, it takes a year and a half? Comedian Phil Hanley

The prosecutor was relentless as he badgered the witness. "What did the accused do when he learned the jewelry was part of a stolen hoard?" he demanded

"He did what any honest man would do," said the witness.

"And what was that?"
"I didn't think you'd know."

Submitted by Gene Newman.

My divorce was messy because there was a child involved. My husband.

Comedian Wendy Liebman

Parsippany, New Jersey

I read about a new 24-hour day care that's opening in India. Yeah, Just saw an ad for an "Improvised Shakespeare Company." Good idea. The problem with Shakespeare was always the writing.

MANAN

it's pretty cute: Instead of playing telephone, the kids just play tech support. Jimmy Fallon, on Late Night

A cruise ship passes a small desert island. Everyone watches as a rattylooking bearded man runs out on the beach and starts shouting and waving his hands.

"Who's that?" asks one of the passengers.

"I have no idea," replies the captain. "But every year we sail past, and he goes nuts." From Esquire

My wife got pulled over for making an "S" turn. She started to make a "U." then changed her mind.

Comedian Gabe Abelson

BUGGIN' OUT

Photographer Scott Cromwell's new pet—a budwing mantis—tries to stake her claim in Cromwell's Oklahoma household. But Winston the Labrador just wants to go back to sleep.





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Life in These United States

uring a congressional race in our district a party lovalist took one of the candidates to a meeting of farm leaders. There he read off a laundry list of the man's qualifications; native Iowan, graduate of an Ivy League college, successful businessman, State Department staffer, and so on When he finished, a farmer stood up.

"Seems to me it would he a mistake to send this man to Washington," he said. "We ought to keep him around for breeding purposes." A. J. Pinder, Grinnell Iowa

A SPOT-ON REBUKE



When the city of Grand Forks, North Dakota, backed out of a deal to buy his home. Jim Deitz gave his house a paint job the town elders would not soon forget. Added bonus. said Deitz: "Pizza-delivery drivers won't have any trouble finding this place."

Well Schooled

Wisdom and pearls from preschoolers.

"You wanna know how I know fairies are real? Because I am

a fairy." "There's no more elfs in my ear. They all

went on vacation to my nose." When I grow

up. I want to be Canadian "

Some texts should not be abbreviated. Case in point, this message from my

cousin, which simply read "A J D." I was confused until my father called to tell me, "Aunt June died." Melodie Diaz Cruz, Heartland, Texas

 "I've got two pretend friends comin' to my Easter egg hunt, and their names are Nothin' and Nobody." From Preschool Gems

by Leslie McCollom (Perigee)

Scene: Car dealership near Chicago. Customer: I wanna get it, but

I can't afford it. >>



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Car Salesman: Are you sure? Customer: If I buy it, I'll probably have to give up my apartment. Car Salesman: Can't you live with your parents? From burbla.com

My wife and I had been texting back and forth when unbeknownst to her. I had to stop for a few minutes. When I returned to

FACEROOK VS DAD

Not everyone has mastered social media.



David De where to buy chicken casserole supplies



facebook, not google. Try again. Like - 3 hours ago David Dawie where to buy



Stephen D Dad no. Like - 3 hours ago



David De where to buy supplies for chicken casserole Like - 3 hours ago Stephen D Are you



David Da chicken casserole supply store Like - 3 hours ago



Stephen D Fiesta Mart, 8130 Kirby Drive. Like - 3 hours ago .

my cell phone. I found this text message awaiting me: "CGYT?"

"Huh?" I responded. She shot back: "Cat Got Your Thumb?" Rev. Paul Broun, Athens, Georgia

Who Could Resist?

 Sign spotted on a telephone pole in my neighborhood: "Garage Sale this Saturday-7am until 100 degrees "

One would be hard-pressed to pass on this ad, spotted on Craigslist-"1990 Ford Escort \$250, Could be

driven, Should be towed."

 The fiver invited me to a seminar entitled: "Everything You Ever Wanted to Ask About Cremation." The location: Smokehouse BBO.

My friend's ad: "For Sale: '96 Mitsubishi Eclipse Spyder. Brand-new convertible top and tires. Needs minor work. Serious injuries only!"

Submitted by Kathy Richey, New Bern, North Carolina; Ryan Malloy, Dover, Delaware. L. J., Independence, Missouri: Dr. Naviot Gill, Glastonbury Connecticut

And One from Abroad

Usually, the secretary at my son's elementary school answers when I call, but on one occasion, I spoke to an unfamiliar voice. "Do you know who it might

have been?" I asked my son. "It could have been Mrs. Campbell," he said thoughtfully. "Did it sound like she was wearing a blue coat?"

Mandy Williams, Mitcheldean, Great Britain







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Tagging is not necessary to find low patterns.

When compared with using a paper logbook alone

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Political Veriol Q

Life First: ONETOUCH

All in a Day's Work

young girl walked into her school library and asked the librarian-my daughter-for a particular book

"Are you sure you want this book?" my daughter asked. "It's pretty scary."

"I'm not afraid of anything," said the girl. "I've seen my grandmother naked."

Alfred K. Harwell Cartersville, Georgia



"You're just the kind of person we're looking for to test our airline seats?

We'll Call You

It's tough enough landing a job. Try not to commit these interview gaffes, as reported by actual hiring managers:

■ "The candidate arrived in a catenit"

 "The candidate sent his sister to interview in his place."

"A job applicant came in for an interview with a cockatoo on his shoulder."

 "An individual applied for a customer-service iob, and when asked what he

Adding a funny hat to your pajamas at home = weird Adding a funny hat to your pajamas at work = chef nedian Julicanne Smolinski

might not like about the job, he said. 'Dealing with people." Source: Robert Half Technology

I was at a sporting event when a gentleman behind me gasped and fell over. I climbed over the seat and first established that he was breathing. As I checked the man's

pulse rhythm, a woman stormed over and pushed

me away. "Step aside! I'm a nurse!" she

shouted. She then

FORE!

Managers of golf courses have to watch out for errant drives, as well as errant phone calls from customers like these

Staff: Golf course. May I help you? Caller: What are your green fees? Staff: Thirty-eight dollars. Caller: Does that include golf?

Staff: Golf course. May I help you? Caller: Yes. I need to get some information from you. First, is this your correct phone number?

Staff: Golf course. May I help you? Caller: My kids just came home with pockets full of range balls and said they stole them from your driving range. Would you like to buy them back?

Staff: Golf course. May I help you? Caller: Yes, we have a tee time for two weeks from Friday. What's the weather going to be like that day?

Ed Thompson, North Salem, New York

of funds. He was quite reasonable.
"So," he said, "who didn't have
money, me or the bank?"

Harish Rαo, Mississauga, Canada

I was prosecuting a case involving a man charged with driving under the influence. The defense counsel was beginning to lose his cool with the police witnesses and implied that they had gotten their facts wrone.

"People do make mistakes, don't they, Officer Lock?" he demanded of one witness.

"Yes, sir," came the reply. "I'm Officer Webster."

The defense lost.

Roger Gray, St. Albans, Great Britain

WE'LL TAKE THE STAIRS

Offices around the country are cutting back. Some more than others.



proceeded to examine the man. As I retreated to my seat, I announced, "When you get to the part about 'Call a doctor,' I'll be here."

Karl J. Pizzolatto, MD, Lakewood, Washington

As an insurance broker, I sometimes have to call people who have missed paying their monthly premiums. One day, I called a customer and told him his insurance-premium check had bounced due to a lack

OHumor

Humor in Uniform

ome on leave from Iraq, my step-grandson was showing off his abs. Not to be outdone, my husband thumped his prodigious stomach and bragged, "I still have my sixpack. It's just six inches deeper."

K. H., Rogersville, Alabama

My brother was vacationing on a beach when he heard someone call to him using an old nickname from his Navy days. My brother couldn't place the face, but the man insisted they had served together, and he even told stories of their days on the high seas.

Soon the memories came flooding back. As they reminisced, the friend revealed that he had received a medical discharge.

"What was wrong?" my brother asked. His friend replied dolefully, DANGER

MILITARY TARGET AREA
DO NOT TOUCH ANYTHING
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AND KILL YOU

SHELL SHOCKED

A military base in New Zealand figures that no one ever got killed by stating the obvious.

"The doctor said that I suffer from amnesia." Ruth Falcão, Olinda, Brazil

My sister had her kindergarten class write to my nephew Nate and his Marine buddies serving in Afghanistan. Nate's favorite letter was this one: "Dear Marine, thank you for being in the Armw."

Anne Kopp, San Ramon, California

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Danger on the Road

A quick-thinking mother comes to the aid of a woman in distress

BY MELBA NEWSOME

eslie Johnson thinks fate put her at the intersection of Marksheffel Road and Constitution Avenue at 6:13 am. last August. Johnson and her kids, Faith, eight, and Christian, five, left their Colorado Springs home early that morning to pick up breakfast on the way to the kids' summer day care. Stopped at a red light, Johnson, 40, an Air Force administrative assistant, saw a young woman jump out of a Honda Civic and, dressed in pajamas and with unbrushed hair, run barefoot from car to car, pleading for help. Other drivers looked past her or locked their doors, but Johnson waved her over.

"He's gonna kill me!" screamed the woman.
"Get in!" said Johnson immediately.

"I can't! Your kids are in the car!"

"The police station is close," Johnson responded. "Just get in!"

The woman, Jacqueline Maes, 21, scrambled into the backseat next to Christian. Johnson floored the accelerator, running the red light. The Civic's driver, Maes's ex-boyfriend Corey Handy, followed them. As Johnson learned later, Maes was scheduled to testify against Handy in a domestic abuse trial. Earlier that morning, Handy had persuaded

her to pick him up, claiming that his motorcycle had broken down. When she arrived, he forced her into the passenger seat of her car and took the wheel, threatening to kill both of them. When Handy grabbed Maes's phone to make a call. Maes bolted.

"He has a gun!" Maes said to Johnson.

"I told my kids to get on the floor immediately," recalls Johnson. "Faith started crying—she was old enough

"I was afraid to turn around," says Johnson. "I thought Christian had been shot."

to know what a gun is. Jackie lay down by Christian on the seat in the back"

Inte oack."

Johnson swerved her Chevrolet
Suburban through traffic, but
Handy, 28, caught up and pulled
alongside her, waving his gun. She
edged onto the right shoulder of the
road, putting another car between
hers and the Civic. But the driver
of the middle car saw Handy's gun
and slowed down, allowing Handy
to catch up to lohnson again.

"I slammed on my brakes, expecting him to speed past," says Johnson. "But he stopped, too, and started shooting."

Handy fired his handgun at the car six times. A bullet shattered the backseat window, and four more bullets struck the left back door, inches from where Maes and Christian crouched. Then Handy sped away.

"I didn't hear Christian," says Johnson. "I was afraid to turn around. I thought he had been shot."

Miraculously, the bullets had lodged in the door. Everyone was shaken but safe. "Jackie and Faith were crying; Christian was mad. I was concerned with what we'd do if Handy came back," says Johnson. "It hit me a day or two later how bad it could have been."

A driver who had witnessed the incident drove them to a nearby church to wait for the police.

Later. Maes and

Johnson learned that Handy had ditched the car and disappeared. Police found him three weeks later in New Mexico and arrested him on kidnapping, attempted murder, and other charges. In April, Handy pleaded guilty to attempted first-degree murder and was sentenced to 30 years in prison in Colorado.

Until Handy was behind bars, Johnson had trouble sleeping, and loud noises frightened her. "The children talk about it almost daily, Johnson says. She had to buy another car after police impounded the Suburban as evidence. Still, Johnson says she wouldn't have responded any other way. "Jackie reminded me of my 18-year-old daughter, Alayna," says Johnson. "If Alayna were in trouble, I pray that somebody would help her."

"Leslie was a blessing," Maes says.
"She saved my life."

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Digest The Best for September













The Bear Minimum

At Hubbart Point, Manitoba, on the western coast of Canada's Hudson Bay, a hungry polar bear roams amid a blaze of August fireweed. Good luck to her. With sea ice now melting earlier in spring and forming later in fall, seal-hunting season is shorter, and the bears are forced to forage onshore.



Health Digest



BOOST YOUR BRAIN

Everyday Things That Make You Dumb

Why mundane experiences can throw your mental muscles for a loop

BY NATALIE WOLCHOVER FROM Life's Little Mysteries

Doors

Ever walk into a room with some purpose in mind, only to completely forget what that purpose was? Turns out, doors themselves are to blame for these strange memory lapses. Psychologists at the University of Notre Dame have discovered that passing through a doorway triggers what's known as an event boundary in the mind, separating one set of thoughts and memories from the next. Your brain files away the thoughts you had in the

previous room and prepares a blank slate for the new locale.

Wide-open spaces

We walk in circles when we traverse terrain devoid of landmarks, such whe desert. Even though we'd swear we're walking in a straight line, we actually curve around in loops as tight as 66 feet in diameter. German research from the Max Planck Institute for Biological Cybernetics reveals why: With every step a walker takes, a small deviation arises in the brain's balance (vestibular) or body awareness (proprioceptive) systems. These deviations accumulate to send that individual veering around in ever-tighter

circles. But they don't occur when we can recalibrate our sense of direction using a nearby building or mountain, for instance.

Beeps

If you can't concentrate during the irritating sound of a truck backing up, blame the brain baffle on an evolutionary glitch. Natural sounds are created from a transfer of energy (say, a stick hitting a drum) and gradually dissipate, and our perceptual system has evolved to use that decay of sound to figure out what made it and where it came from. But beeps don't typically change or fade away over time, so our brains have trouble keeping up.

EAT FOR BETTER BRAINPOWER

The physicians of the hit television show *The Doctors* reveal the top foods for blunting brain fog.

- SEAFOOD Salmon and tuna contain abundant levels of omega-3 fatty acids, healthy fats that may improve the retention of brain cells.
- BROWN CARBS Whole grains, which you digest slowly, provide fuel for your brain. (Although your brain accounts for only 3 percent of your total body weight, it uses 20 percent of energy.) Rich sources include whole wheat bread, brown rice, quinos, and bran flakes.



- BERRIES Rich in protective antioxidants, biueberries, strawberries, and cranberries are linked to better memory and coordination.
- COFFEE, WINE, DARK
 CHOCOLATE These indulgences
 are also packed with brain-healthy
 antioxidants.



Indications and Usage

Victoza" (firaglutide [r0NA origin] injection) is an injectable prescription medicine that may improve blood sugar (quicose) in adults with type 2 diabetes when used along with diet and exercise. Victoza" is not recommended as the first medication to treat diabetes. Victoza" is not a substitute for insulin and has not been studied in combination with prandial (meal-time insulin. Victoza" is not for people with type 1 diabetes or people with vipe 1 diabetes or people with diabetic ketoacidosis. It is not known if Victoza" is safe and effective in children. Victoza" is not recommended for use in children.

Important Safety Information

In animal studies, Victora' caused thyroid tumors—including thyroid cancer—in some rats and mice, it is not known whether Victora' causes thyroid tumors or a type of thyroid cancer (MTC) in people, which may be fatal if not detected arterester and the property of the pr

Do not use Victoza* if you are alleroir to liragilutide or any of the ingredients in Victoza*. Serious alleroir, enactions can happen with Victoza* if lympropriso of serious alleroir, enactions occur, stop taking Victoza* and seek medical attention. Inflammation of the pancreas (pancreatitis) may be severe and lead to death Refore taking Victoza*, tell your doctor flyou have had pancreatitis, addisones, a history of alchohism, or high blood triglyceride levels since these medical conditions make you more likely to get pancreatitis. Stop taking Victoza* and call your doctor right away if you have pain in your stomach area that is severe and will not go away, occurs with or without vomiting, or is felt going from your stomach area through to your back. These may be symptoms of pancreatitis.

Before using Victoza*, tell your doctor about all the medicines you take, especially sulfonylurea medicines



Eating right and staying active helped me see diabetes in a new light. So did asking about non-insulin Victoza®

Like Paula Deen, I'm helping manage my diabetes by taking walks and eating smaller portions. I also asked my doctor about Victoza®. Here's what I learned

- Victoza® starts to lower blood sugar in as soon as two weeks, lowers A1C.* and keeps it down'
- Victoza* comes in a prefilled Pen I use just once a day, any time, so it fits into my busy life
- While not a weight-loss product. Victoza® may help me lose some weight

Ask your doctor how Victoza* can help you better manage your diabetes, too. Visit victoza.com or call 1-866-821-7406 to learn more.



"Victoza" 1 8 mg, taken alone or in combination with diabetes pills, lowered A1C by 1.0 to 1.5 points, on average, as shown in medical studies

'Victoza* has been shown to keep A1C down in a 2-year medical study.

Individual results may vary.

or insulin, as taking them with Victoza® may affect how each medicine works. If you use Victoza® with insulin, you may give both injections in the same body area (for example, your stomach area). but not right next to each other.

Also tell your doctor if you have severe stomach problems such as slowed emptying of your stomach (gastroparesis) or problems with digesting food, have or have had kidney or liver problems; have any other medical conditions; or are pregnant or plan to become pregnant. Tell your doctor if you are breastfeeding or plan to breastfeed. It is unknown if Victoza® will harm your unborn baby or if Victoza® passes into your preast milk

Your risk for getting hypoglycemia, or low blood sugar, is higher if you take Victoza® with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin. The dose of your sulfonylurea medicine or insulin may need to be lowered while taking Victoza*. Victoza® may cause nausea, vomiting, or diarrhea leading to dehydration, which may cause kidney

failure. This can happen in people who have never had kidney problems before. Drinking plenty of fluids may reduce your chance of dehydration. The most common side effects with Victoza® include headache, nausea, and diarrhea. Nausea is most

common when first starting Victoza*, but decreases over time in most people. Immune system-related reactions, including hives, were more common in people treated with Victoza® compared to people treated with other diabetes drugs in medical studies.

Please see Brief Summary of Important Patient Information on next page.

If you need assistance with prescription drug costs, help may be available. Visit pparx org or call 1-888-4PPA-NOW. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit fda.gov/medwatch or call 1-800-FDA-1088.

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liraglutide (rDNA origin) injection

important Patient information

This is a BRIEF SUMMARY of important information about Victoza®. This information does not take the place of faiking with your doctor about your medical condition or your treatment. If you have any questions about Victoza®, ask your doctor. Dnly your doctor can determine it Victoza® is right for you.

WARNING

During the drug testing process, the medicine in Victoza® caused rats and mice to develop tumors of the thyroid gland. Some of these tumors were cancers. It is not known if Victoza* will cause thyroid tumors or a type of flyroid cancer called meduliary thyroid cancer (MTC) in people. It MTC occurs. it may lead to death if not detected and treated early. Do not take Victozaº if you or any of your family members have MTC, or if you have Mulfinia Endocrine Neopiasia syndrome type 2 (MEN 2). This is a disease where people have tumors in more than one cland in the body.

What is Victoza® used for?

- Victozaº is a glucagon-like-pentide-1 (GLP-1) receptor agonist used to improve blood sugar (glucose) control in adults with type 2 diabetes mellitus, when used with a diet and exercise program.
- . Victoza® should not be used as the first choice of medicine
- for treating diabetes. . Victozaº studies contain limited data in people with a history of pancreatitis (inflammation of the pancreas). Therefore, it
- should be used with care in these patients. . Victoza* is not for use in people with type 1 diabetes mellitus or people with diabetic ketoacidosis.
- . It is not known if Victoza® is safe and effective when used with mealtime insulin.

Who should not use Victoras?

- . Victozaº should not be used in people with a personal or family history of MTC or in natients with MFN2
- Victoza® should not be used in people with a severe alleroy to Victoza® or any of its ingredients.

What is the most important information i should know about Victora®?

- . In animal studies, Victoza® caused thyroid tumors, People who use Victoza® should be counseled on the risk of MTC and symptoms of thyroid cancer.
- . In clinical trials, there were more cases of pancreatitis in people treated with Victoza® compared to people treated with other diabetes drugs. If pancreatitis is suspected, Victoza® and other potentially suspect drugs should be discontinued. Victoza® should not be restarted if pancreatitis is confirmed.

- Victoza® should be used with caution in people with a history of pancreatitis
- · Serious low blood sugar (hypoglycemia) may occur when Victoza^a is used with other diabetes medications such as sulfonylureas and insulin. This risk can be reduced by lowering the dose of the sulfonvlurea or insulin.
- If serious allernic reactions (e.g. anaphylactic reactions) and swelling) occur, discontinue Victoza® and other suspect medications and promotly seek medical advice.
- Victoza^a may cause nausea, vomiting, or diarrhea leading to the loss of fluids (dehydration). Dehydration may cause kidney failure. This can happen in people who may have never had kidney problems before. Drinking plenty of fluids
- may reduce your chance of dehydration. I ike all other diabetes medications. Victoza® has not been shown to decrease the risk of large blood vessel disease (i.e. heart attacks and strokes)

What are the side effects of Victora®?

- . Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness, of breath while taking Victoza®. These maybe symptoms of thyroid cancer.
- . The most common side effects, reported in at least 5% of people treated with Victora® and occurring more commonly than people treated with a placebo (a non-active injection used to study drugs in clinical trials) are headache, nausea. and diamhea
- Immune system related reactions, including hives, were more common in people treated with Victoza® (0.8%) compared to people treated with other diabetes drugs (0.4%) in clinical trials
- . This listing of side effects is not complete. Your health care professional can discuss with you a more complete list of side effects that may occur when using Victoza®.

What should I know about taking Victoras with other medications? Victoza® slows emptying of your stomach. This may impact

how your hody absorbs other drups that are taken by mouth at the same time. Can Victoza® be used in people with kidney or liver

nrnhiems?

- . Victozaº studies contain limited data in people with kidney or liver problems.
- Sflil have questions? This is only a summary of important information. Ask your
- doctor for more complete product information, or Call 1-877-4V/CTOZA (1-877-484-2869)
- visit virtnza com

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MINDFUL CARE

When Words Are Worthless

What one doctor is thinking, feeling, and grieving when she delivers bad news

BY ROBIN SCHOENTHALER, MD

● FROM Pulse—Voices from the Heart of Medicine

met Burt-a healthy-looking 53-year-old with a direct, sky-blue gazethe Monday before Labor Day, Two years hefore he'd had cancer. It was in remission but for several weeks he'd been having excruciating low-back pain (a ten out of ten). The day before, a new CT scan showed that his tumor had spread to his liver, bones, and spine-the cause of his pain.

If this were my brother, I'd be hysterical. But I'm a radiation oncologist, and this was my patient. I spoke frankly, trying to help the family cope with the nightmare Burt now faced: the near certainty that his life span had abruptly been cut to a matter of months, the reality that most likely no treatment would change the date of his death. I'm's all about comfort,

this were my brother, cal.

But this was my patient.

spending time with your family, doing the things you love," I told him. I outlined a plan for two weeks of radiation to his spine. We started it that

We started it that same Monday, and Burt improved rapidly. By Thursday, his pain was a zero. Burt, his wife, his son, and I stood in the exam room, giving one another high fives. "There's one thing." Burt said.

"My right leg feels funny. I think I pulled a muscle getting out of bed." I couldn't find any change. "Let's keep an eye on things," I said.

On Friday, Burt's family pushed him into my office in a wheelchair; he'd become completely paraplegic. I stood riveted with horror. The likely reason was that, despite the radiation, the tumor was growing. >>



HealthDigest

Part of me wanted to fall down and cry, "This is the most awful thing I can imagine—this big, strapping man now has to lift his legs up with his hands!" Another wanted to stamp my feet and weep with frustration and rage at cancer's cruelty. But I had to do what doctors do: stay clear-eyed, get a history, do an exam, make an assessment, create a plan.

I went to my office, sat down, and closed my eyes. Then I picked up my phone and arranged an emergency consult with a neurosurgeon friend.

consuit with a neurosurgeon friend.

I went back to talk to Burt, who
gazed at the wall behind me. "What's
happening here isn't normal," I said.

"The radiation should have worked.

But I think the tumor is still growing,
and my only hope is that a surgeon
can take some tumor out. I don't
know if he can; I don't know if he
should. I know that we can't hope
this will go away. We have to get
you to a neurosurgeon who can
operate on I abor Day weekend."

Burt still couldn't look at me. He sat for a while, then said, "This is my last Labor Day. We were going to our cabin. We were going fishing; we were going to close it up."

One thing the cancer clinic teaches you is that there are times when words are worthless. So I didn't say anything. Partly I didn't have any words, and partly I could barely speak. Burt looked down at the floor and closed his eyes. After a long moment, he looked up at me

with his sky-blue gaze, gave me a half smile, and said, "Whatever you say, Doc. Whatever you say."

The neurosurgeon was able to book an OR for 9:30 that night. I thought about Burt all evening. When I got up the next morning, an e-mail blinked from my inbox. "Hello," the neurosurgeon had written at 6 am. "He is better after decompression of the 13-4 spinal segments. Better than antigravity." Translation: The surgery had worked Burt could move his less against.

Six weeks later, with the help of a cane and a walker, he made it back to his cabin; they fished, they sat on the porch, and then they closed it up.

He lived nearly three more months

THE WORST TIME FOR BAD BREATH 3 p.m.

That's when factors such as coffee, lunch, and stress (corrisol dries your mouth, a lack of saliva boosts bad breath) combine to create a perfect storm for a safinly mouth. To freshen up, brush after lunch and drink water to stay of the salivation of the salivatio

Source: Thomas Connelly, DDS on huffingtonpost.com

I call shotgun!



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The Paula Deen Effect

The Food Network star's controversial type 2 diabetes diagnosis triggered a slew of questions about how to handle the condition. We turned to experts for answers.

TERESA DUMAIN

hen Deen revealed she had type 2 diabetes earlier this year, some fans rallied behind her, but many demanded an explanation from the queen of comfort cuisine-for waiting three years to share her diagnosis publicly and for promoting an unhealthy cooking style while personally trying to lose weight. Whether you stand in Deen's corner or alongside her critics, her announcement no doubt raised questions about how diabetes develops and how you can prevent it. Here, experts set the record straight: disease, says dietitian Amy Camphell RD a certified diabetes educator (CDE) at Joslin Diabetes Center. Many hereditary and lifestyle factors-high cholesterol or blood pressure, inactivity, and family history-can raise your chances.

"While being overweight may have triggered diabetes, she had to have it in her background," explains Geralyn Spollett, MSN, CDE, president of health care and education at the American Diabetes Association, People with diabetes should get less than 7 percent of calories from saturated fat, or about 15 grams per day (one tablespoon of butter has 7 grams).

O: Paula Deen adds butter by the stick to her meals. Did she get diabetes because of her diet?

A: Deen's recipes are high in saturated fat, which triggers inflammation and can lead to insulin resistance. But the way she cooks is not the only reason she developed the

Q: I read that Deen ditched her staple sweet tea after her diagnosis. Is that because sugar causes diabetes?

> vou diabetes, but there's one caveat: A study presented at the American

Heart Association Scientific



HealthDigest

Sessions last year found that women who drank two or more sugary drinks a day, even if they were a normal weight, were more likely to develop abnormal levels of fasting glucose—a sign of diabetes. "Liquid sugar may work differently from other sugar," explains Campbell. "It seems to start a cycle that increases dangerous visceral fat, which can lead to metabolic syndrome, a precursor to type 2 diabetes." Be mindful of how many sugary beverages you sip, especially if you have other diabetes risk factors, advises Cambels.

Q: Preaching portion control, Deen has said, "it's not what you're eating, but how much." So can I enjoy what-

ever I want, if I have only a little? A: "As a dietitian, I'm trained to tell you there's no food you can never eat," says Campbell, "While that's true, you can't eat whatever you want, whenever you want-even if it's only a little. So if you want fried chicken or mac and cheese, you can have a small portion of it, but not often." Most other times, it's important to make healthy choices and balance nutrients. An easy way to do that: Divide your plate into sections. Fill half with vegetables (such as leafy greens, tomatoes, and carrots), use a quarter for a healthy carb (whole-grain pasta or rice), and add lean protein (chicken, sirloin, or fish) to the remaining quarter. Finish with a piece of fresh fruit.

Q: Deen is looking much thinner of late. Is there a goal weight I should aim for?

A: Shedding extra pounds is a primary strategy for reducing your risk of diabetes, says Spollett, but you don't have to lose a lot. Studies have shown that dropping 5 to 7 percent of your weight—10 to 14 pounds for a 200-pound person—can significantly help reduce blood sugar. (It can also help improve blood pressure and cholesterol.)

HOW THE STAR

Deen get slimmer. She:

CHEF LOST 30 POUNDS Small eating changes helped

REARRANGED HER PLATE. Deen serves smaller portions of carbs and doubles up on salad or vegetables, especially Southern staples like okra, mustard greens, collards, and black-eyed peas, as well as broccoli, cucumbers, and tomatoes.

ALLOWED A "CHEAT" DAY. On Sundays, Deen invites family for home-cooked meals, such as rice and gravy, country-fried steak, butter bean soup, and mac and cheese.

MADE HEALTHY SWAPS. Working with her sons, Jamie and Bobby, been lightens favorite recipes: She mashes cauliflower instead of potatoes or uses extra-lean ground beef and whole-grain noodles in lasagna to reduce fat and boost fiber.



IMAGINE BEING HANDED A DIABETES TEST STRIP THAT NEEDS LESS BLOOD





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HealthDigest

News from the World of Medicine







UNITED STATES A Device That **Predicts Heart** Attacks

A silver-dollar-size implant that is placed under the skin near the left shoulder, the AngelMed Guardian may help ID a heart attack quickly by monitoring the heart's electrical activity for unusual patterns. potentially before the wearer notices any symptoms. If the implant detects a problem, it will vibrate, and a portable pager will sound an alarm and flash a warning light. It's approved for sale in Brazil and Europe. and the manufacturer will seek FDA approval here within a year. Source: Angel Medical Systems,

Shrewsbury, New Jersey

GERMANY Smarter Hip Implant

Many hip implants are metal, which requires extra care during surgical implantation and can cause problems if parts grind against each other and release narticles that may cause inflammation and damage organs. Now researchers have developed a metal-free alternative, a special blend of plastics. The nins that hold the two pieces in place are made of bone mineral (not metal or cement). In early tests, a robot simulated walking up and down stairs; researchers hope to market the hip in Europe within five years. Source: Fraunhofer Institute for Manufacturing Engineering and Automation IPA, Stuttgart, Germany

IABAN for Baldness

Stem Cell Cure

Scientists have grown hair on bald mice using stem cells collected near the mice's whiskers (so embryos aren't necessary). The hair strands grew back even after being plucked and were able to rise into goose bumps as normal hair does. If it proves successful in humans, the therapy could replace current hair-loss treatments (such as hair transplantation surgery and topical medicine like Rogaine) for malepattern baldness. The researchers hope to start clinical trials in humans within three to five years.

Source: Takashi Tsuji, Research Institute for Science and Technology at the Tokyo University of Science, Japan



Free cleft surgery which takes as little as 45 minutes and costs as little as \$250, can give desperate children not just a new smile — but a new life.

charities — dollar for deed— in the world." —The New York Times

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A Healthy Diet During Pregnancy Can Help Prevent Birth Defects And Clefts. According to the U.S. Government, women should bele sufficient levels of tolic acid (400 micrograms per day) during pregnancy to help reduce the risk for cleft in part paties. Between the receive proper premaria care, out smoking and drinking adolon. For more risk for cleft in part paties. Between the receive proper premaria care, out smoking and drinking adolon. For more for Smile Train are text evidence that is a 501 (c)(3) nonprofit recognized by the Fis, and all donations to Smile Train are text evidence that Smile Train is a 501 (c)(3) nonprofit recognized by the Fis, and all donations to Smile Train are text evidence that the smile state of the smile smil

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Foods That Could Save Your Life

hat's cookin'? Perhaps a longer life, according to a new study in the journal Public Health Nutrition that found that people who cooked at home five times a week were nearly 50 percent more likely to be alive after ten years than those who steered clear of the kitchen. The benefits aren't just from eating healthier but also from grocery shopping, following a recipe, and preparing food, which help your brain develop new connections. Make your kitchen cooking-friendly by keeping these fat-releasing staples (from our new book The Digest Diet) handy for hectic weeknights.

Ralsamic vinegar This makes a sweet, tangy glaze that's perfect for

Nuts salmon or as Chop walnuts. a simple, fresh almonds, or salad dressing. other favorites Vinegar may and sprinkle help prevent on top of salyour body ads or chicken from clinging dinners for

Packed with

protein, eggs are a filling meatless supper option. Combine them with a mix of fresh seasonal veggies and calcium-rich cheese in an omelet or a frittata.

Greek yogurt It can have double the protein of regular vogurt. Its thick creaminess makes it a good swap for sour cream.

Skinless. boneless chicken breasts

Keep these in the freezer and grill on Sundayfora week's worth of salad tonpers or dinners (serve with

veggies and

whole grains).

MY SUCCESS STORY

to fat

"I ATE MY WAY TO LOWER **BLOOD PRESSURE**"

added crunch.



Jim Tyler, 49, lost 22 pounds in one month on The Digest Diet-and his blood pressure dropped 20 points. "I learned how to give favorite foods a healthy spin," he says. He reports that his son can't get enough of the glazed-chicken dishes. Perri O. Blumberg

Get advice from fellow dieters on facebook.com/ digestdiet. Get the book only on digestdiet.com.

52

Get overnight relief from occasional constipation



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Senokot and Senokot-S Tablets offer gentle, overnight relief from occasional constipation. That's why we're giving eway hundreds of prices that could make y a winner overnight.



I'm breathing better, so now, I can be part of the picture.



IMPORTANT SAFETY INFORMATION ABOUT ADVAIR DISKUS 250/50

- Do not use ADVAIR to treat sudden, severe symptoms of asthma or COPD. Always have a rescue inhaler medicine with you to treat sudden symptoms.
- Do not use ADVAIR DISKUS if you have severe allergy to milk proteins. Ask your doctor if you are not sure.
- Do not use ADVAIR more often than prescribed. Do not take ADVAIR with other medicines that contain long-acting beta, agonists for any reason. Tell your doctor about medicines you take and about all of your medical conditions.
- ADVAIR DISKUS can cause serious side effects, including:
 - serious allergic reactions. Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction: rast; hives; swelling of the face, mouth, and tongue; breathing problems.
 - sudden breathing problems immediately after inhaling your medicine.
 - effects on heart: increased blood pressure: a fast and irregular heartheat: chest pain.
 - effects on nervous system: tremor; nervousness.
 - reduced adrenal function (may result in loss of energy).
 - changes in blood (sugar, potassium, certain types of white blood cells).
 - weakened immune system and a higher chance of infections. You should avoid exposure to chickenpox and measles, and, if exposed, consult your healthcare provider without delay. Worsening of existing tuberrulosis, fungal, bacterial, viral, or passible infections, or ocular heroes simplex may occur.
 - lower bone mineral density. This may be a problem for people who already have a higher chance of low bone density (osteoporosis).

COPD? Ask your doctor about breathing better with ADVAIR.**

ADVAR It Pales improve your lung functions to you breathe better. Results may vary. Unline suck trains clostructive gulmanary diseases (CDPI) medicators. ADVAR rootins both an analinflammatory! and a lung-acting branchadilear werking trapether to help improve your lung function. ADVAR DISCUS. 20/50 is approved for adults with COPD, including dramic bronchiles, emphysemo, or both. ADVAR DISCUS. So not for, and should not be used to treat, sudden, sever symptoms of COPD. ADVAR won't replace or rescue intoler. You should only tale I inholation of ADVAR rootine of the fighter does will not provide additional benefit. Ask your decirc boat ADVARE.



ADVAIR DISKUS*250/50 (Notcessne projecte 250 ncg and sainetern 50 ncg inhaktion powder)

IMPORTANT SAFETY INFORMATION ABOUT ADVAIR DISKUS 250/50 (cont.)

- eye problems including glaucoma and cataracts. You should have regular eye exams while using ADVAIR.

 ADVAIR.
- pneumonia. People with COPD have a higher chance of getting pneumonia. ADVAIR may increase the
 chance of getting pneumonia. Call your doctor if you notice any of the following symptoms: increase
 in mucus (sputum) production, change in mucus color; fever; chills; increased cough; increased breathing
 problems.
- Common side effects of ADVAIR DISKUS 250/50 for COPD include: thrush in the mouth and throat, throat irritation, hoarseness and voice changes, viral respiratory infections, headache, muscle and bore pain.

by our vivious in the trust of the series and voice changes, wild respiratory infections, neadache, muscle and bone pain.

"Measured by a breathing test in people taking ADVAIR DISNUS 250/50, compared with people taking either fluiticasone prodonate."

Westictions apply, See AUVAIRCOPD.com for eligibility rules.

Please see Brief Summary of Important Safety Information about ADVAIR DISKUS on adjacent page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

To get your first full prescription free and to sove on refills; visit ADVAIRCOPD.com or call 1-877-200-4673.



250 mcg or salmeterol 50 mcg. Your results may vary.

1it is not known how anti-inflammatories work in COPO.

If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-806-475-3678)





BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

What is the most important information i should know about ADVAIR DISKUS?

ADVAIR DISKUS can cause serious side effects, including:

- People with asthma who take long-acting beta, adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems. It is not known whether fluticasone propiorate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
- Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS.
 You may need different treatment
 - · Get emergency medical care if:
- broathing problems werens quickly and
 - breathing problems worsen quickly and
 - you use your rescue inhaler medicine, but it does not relieve your breathing problems
- ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
- 3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled confloateroid.
 - Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT[®]), and a LABA medicine, salmeterol (the same medicine found in SEREVENT[®]).
 - Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
 - LABA medicines are used in people with asthma and orbonic obstructive pulmonary disease (OPPD), LABA
 medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as
 wheezing and shortness of breath. These symptoms can happen when the muscles around the airways
 bighten. This makes it hard to breathe in severe cases, wheezing can stop your breathing and cause death
 if not treated inthi wave.
- . ADVAIR DISKUS is used for asthma and COPD as follows:

Asthma

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who are well controlled with an asthma control medicine such as a low to medicine of an inhaled configuration medicine.

COPD

COPD is a chronic lung disease that includes chronic bronchilis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term. 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (expanytations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- . to treat sudden, severe symptoms of asthma or COPD.
- . if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

- Tell your healthcare provider about all of your health conditions, including if you:
- have seizures have osteoporosis have high blood pressure have liver problems
 are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn halw.
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
 are alleroic to any of the ingredients in ADVAIR DISKUS. any other medicines, or food products
- are exposed to chickennox or measles

Tell your healthcare provider about all the medicines you take including prescription and non-prescription

medicines, vitamins, and herbal supplements. ADVAR DISKUS and certain other medicines may interact with each other. This may cause sortions side effects. Expectably all by on healthcare provider if you take informent. The anti-HV medicines NORNIPS* (increase appaies) Soft Gelenin, Northyll (increase as Southor), and KALETRAR* (Imprinary/Introase) and assistant increases. Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time voice of a new medicine.

.

How do I use ADVAIR DISKUS?

- Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.
- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. Do not use ADVAIR DISKUS more often than prescribed.
 ADVAIR DISKUS comes in 3 stereights. For breathcare provider has prescribed the one that is best for your condition.
 The insulal disease of ADVAIR DISKUS is 1 infaliation 2 times each day immornia and evening. The 2 doses
- should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.

 If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- of you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- . Do not use a spacer device with ADVAIR DISKLIS
- . Do not breathe into ADVAIR DISKUS.
- While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

Call your healthcare provider or get medical care right away If:

- your breathing problems worsen with ADVAIR DISKUS
 vou need to use your rescue inhaler medicine more often than usual
- you need to use your rescue innaier medicine more often than usual
 your rescue inhaler medicine does not work as well for you at relieving symptoms.
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time

ADVAIR DISKUS® (fluticasone propionate and salmeternl inhalation nowder)

SLIMMARY (CONT)

- . your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you . you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week
- What are the possible side effects with ADVAIR DISKUS?
- · ADVAIR DISKUS can cause serious side effects, including:
- See "What is the most important information I should know about ADVAIR DISKUS?"
- . serious alleroic reactions. Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:

 - hives
 - swelling of the face, mouth, and tongue - breathing problems
- sudden breathing problems immediately after inhaling your medicine.
- · effects on heart
 - increased blood pressure
 - a fast and irregular heartheat - chest nain
 - effects on nervous system
 - tremor
 - nervousness · reduced adrenal function (may result in loss of energy)

 - . changes in blood (sugar, potassium, certain types of white blood cells)
 - · weakened immune system and a higher chance of infections
 - . lower bone mineral density. This may be a problem for people who already have a higher chance of low bone density (ostennorosis) eye problems including glaucoma and cataracts. You should have regular eye exams while using ADVAIR DISKUS
 - . slowed growth in children. A child's growth should be checked often. pneumonia. People with COPD have a higher chance of petting pneumonia. ADVAIR DISKUS may increase the
 - chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms
 - increase in mucus (soutum) production - change in mucus color
 - fever

COPD:

- chills - increased cough
- increased breathing problems

thrush in the mouth and throat

- Common side effects of ADVAIR DISKUS include:
- Asthma: thmat irritation
- upper respiratory tract infection
 hoarseness and voice changes . thrush in the mouth and throat
 - cough · nausea and vomiting . hoarseness and voice changes headache

· bronchitis

- · viral respiratory infections muscle and bone pain In children with asthma, infections in the ear, nose, and throat are common.
- Tell your healthcare provider about any side effect that bothers you or that does not go away.
- These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088 Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

GlaxoSmithKline Research Triangle Park, NC 27709 | GlaxoSmithKline, Norvir and Kaletra are ADD:7MG

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headache

Family Digest

ADVICE

13 Things Your Principal Won't Tell You

BY MICHELLE CROUC

If you want to talk to me about a problem, schedule a morning appointment, when I'm fresh. By the afternoon, I can get pretty frazzled.

You're right, that teacher does stink, and I'm actually in the process of firing her. Legally, I can't tell you that, though, so that's why I'm sitting here quietly while you complain.

Of course I'm going to disapprove of a child missing class for vacation. What I won't tell you is that I encouraged my own daughter to pull her kids out of school to visit me during my break.



We had a young man struggling to focus during year-end tests.
"My underwear is on backward," he said. That's the problem with all this testing: We're being judged by assessments taken by kids who may have their underwear on backward. >>>

FamilyDigest

You think that what happens at home stays at home? We hear about your financial problems, your nasty fights, your drinking problem. We end up knowing way too much about everybody.

The child you see at home is almost never the same one we see at school.

Don't tell me your child would never lie to you. All kids make mistakes, and great students are often the ones most afraid to tell their parents when they screw up.

When we have a child who throws things or tries to hit when she's angry, parents inevitably say, "I don't have a problem with her at home, because I spank her."

My biggest pet peeve?
Parents who complain to
me before talking to the teacher.

10 Don't ask me to make a teacher forgive a homework assignment or not to teach a specific subject. We don't dictate to teachers: we work with them.

Tve had a few students who were bullies. We suspend them again and again, but it's very tough to expel a student. The truth is, they have a right to an education.

12 Kids are easy. It's the parents who are tough. They're constantly trying to solve their kids' problems for them.

13 What do I love about this job? I can influence and inspire kids and adults, help work through problems, and find solutions. And every day I can pop into a classroom where something interesting is going on. What other job gives you all of that?

Sources: Principals in Georgia, Utah, Fiorida, and New York and former principals in New Hampshire and Vermont

For more things your principal won't tell you, go to rd.com/september.

TIPS FOR A BETTER SCHOOL YEAR

- READ UP Before you try to help your child with difficult math homework (and
 end up confusing her more), pick up Math on Call, a book of simple explanations
 and diagrams of basic math concepts.
- SING HER PRAISES If you see a teacher doing good things at your child's school, send her a note. Teachers need to hear positive feedback too.
- SHOW YOUR SUPPORT Early in the year, ask your child's teacher what you can do to make her job easier. That way, if you have issues later, your first connection was a positive one.



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FamilyDigest

Marital Aid

A new way to help struggling couples decide their fate

nlike traditional marriage counseling, "discernment therany" helps couples gain clarity about whether or not to divorce. The new practice is gaining popularity among therapists and frustrated partners in troubled marriages.

In this approach, the couple spend up to five sessions examining the relationship and what sent it off track. The therapist asks the pair how they have tried to save the marriage. They then must decide on a course of action: divorce, continue the marriage without intervention, or reconcile over a six-month period of counseling. Bill Doherty, PhD, a University

of Minnesota researcher and therapist, began using the approach when he became troubled by the number of "mixed agenda" couples he saw in his own practice, "Divorce is on the table for one but not both of the partners," he says, "Traditional marriage counseling has no way to deal with those people."

Doherty and his colleagues have worked with more than 50 couples and are training additional counselors around the country.

There's not yet enough data to determine whether the practice is more effective than traditional counseling at keeping couples together, but Doherty sees advantages in it anyway.

"It's almost always a good idea to slow down and look at your marriage from different angles. including your role in it," he says. "If people end a marriage without looking at their own contributions to the problems, they are leaving with a big blind spot,"



QUOTABLE QUOTE

My wife tells me if I ever decide to leave, she's coming with me."

JON BON JOVI, WITH WIFE DOROTHEA HURLEY







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Food Digest



FUN FOOD!

6 Tasty Ways to Eat PB&J

he average American eats 1,500 peanut butter and jelly sandwiches by age 18. And while I love this brown-bag staple, it can get a little boring when I'm onto my third in a week. So I experimented and found six delicious ideas to uperade this classic combo. Go ahead. trv them all!

THE RAI ANCED WAY

Seriouseats.com set out with measuring spoons and a team of tasters to determine the perfect ratio. "Much to my surprise, the servings suggested on the peanut butter and jelly jars (two tablespoons and one tablespoon, respectively) were perfect when spread on two slices of white bread," writes Ed Levine, Serious Fats founder. And a commenter shared a simple trick for portable sandwiches: "Use frozen bread, then wrap and go. It'll thaw by lunch, and the PR&I will become extra gooey."

THE SEXY WAY

PIMMERMAN/GETTY IMAGES

Ruth Reichl, former editor-inchief of Gourmet, spreads butter on thick white bread and adds a sprinkle of salt. "You won't believe how much more delicious this makes peanut butter taste," she writes at gilttaste.com. After topping with natural peanut butter and strawberry jam, she puts the sandwich in the microwave for eight seconds, "This will melt the ingredients into a texture so sexy, you will barely recognize the innocent sandwich of your childhood."

THE GRILLED WAY

Fire up the skillet for a meal that could double as dessert. Butter the outside of your sandwich, then toast over medium-high heat in a skillet until golden brown. Cooking Light suggests a banana split-inspired combination of peanut butter,

honey, chocolate, strawberry and banana slices, and pineapple jam.

THE CHOCOHOLIC WAY

Top your peanut butter with a schmear of Nutella as New York City's Peanut Butter & Co. shop does in its Peanut Butter Cun hestseller

THE SEINFELD WAY Terry loves to

sprinkle cinnamon on his peanut butter and bagel sandwiches.



THE CRAZY WAYS

If you're feeling adventurous, try one of these fun toppings along with vour peanut butter: cream cheese, mayonnaise, tomato, romaine lettuce. or bacon. Each combination has legions of fans-and the Reader's Digest staff even put them to the test. Our verdict? Strangely delicious!

Speedy Caramelized Onions

Love rich caramelized onions but hate the 45-plus minutes they take to make? America's Test Kitchen has a nifty trick: Microwave sliced onions and a pinch of salt for 20 minutes, covered with a plate. until they wilt and soften. Strain off the water, then sauté as normalexcept, well, with a big head start.

When to Splurge (& Save) at the Grocery Store

Eat deliciously on a budget with a little trick: Buy the best when it truly makes a difference, and fill the rest of your cart with values.

SPLU	IRGE	ON	TH	ESE

You don't need to go for a wildflower artisanal blend. but carefully check the label. Often the cheap "honey" in a bear squeeze jar is mixed with corn syrup.

Consumer Reports' two best supermarket coffees (Gloria Coffee Jean's and Newman's Own) cost about \$13.50 a pound but scored significantly better on taste than \$8-a-pound brands.

Generic and bargain-basement pastas often end up as a mushy mess. You don't have to spend much more to get chefs' Pasta

picks like Barilla or De Cecco, which are used in top restaurants.

Fifty percent of the olive oil sold in the United States may Extra-virgin be adulterated with cheap filler oils. Ideally, taste before you buy, and check for a regional seal of certification on the bottle.

> "Never use the artificial stuff!" says Susan Reid, editor of The Baking Sheet. "It has one chemical flavor note trying to make up for over 200 flavor notes found in true vanilla,"

> > One-dollar bars combine 20-plus ingredients to create a bar-shaped amalgam of brown chemicals. For \$2 more, you could get real dark chocolate.

olive oil

Vanilla

extract

SAVE ON THESE

Frozen produce It's cheaper than out-of-season fresh produce and is also often higher in nutrients and better tasting because it's frozen right after picking.

Hamburgers

Preformed frozen burgers cost more than plain ground beef—and you can make patties yourself in less than ten seconds each! Plus, E. coli might be more prevalent in the frozen patties.

Light juices and light coconut milk

To make reduced-calorie versions of these products, companies simply add water (and maybe artificial sweetener or thickener). Buy the regular version and water it down yourself.

Cheese

If you're melting or mixing the cheese with other ingredients, go cheap! Save the \$20-per-pound artisanal triple-crèmes for a special cheese plate.

Everyday oil When oil is going to be cooked, you can usually substitute vegetable or regular olive oil (even if the recipe calls for extravirgin). High heat destroys much of the taste.

Wine

Consumers and wine experts liked inexpensive bottles think Barefoot, Trader Joe's Charles Shaw, Black Box—just as much as their pricey counterparts in a large-scale blind tasting.

Specialty baking mixes Consumer Reports' taste tests prove that Duncan Hines brownies are just as showstopping as ones made from pricier gourmet mixes.

Bottled

That idyllic blue stream on the label likely has nothing to do with your drink: 49 percent of bottled water in the United States comes straight from purified municipal tap water. Instead, use a simple home filter.

Consections Your Guide to What's Happening Now

Professional Tool Storage Solutions

- Rugged all-steel construction with precision welding
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 powder coat finish
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HarborFreight.com/ tool-storage-quality.html

HARBOR FREIGHT TOOLS

A Complete Backto-School Breakfast

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Digital Digest



MODERN FAMILY

The Wi-Fi Hero

An unlikely computer crusader rescues his tech-impaired hosts

BY MIKE LACHER • FROM mcsweeneys.net wilight days of the The Google. Refresh

o, in the twilight days of the second year of the second did a great darkness descend over the wireless internet connectivity of the people on Ferndale Street in the North Central lands of lowa. For many years, these gentlefolk basked in a wireless network overflowing with speed, Internet flowing like a river into their Compaq Presario.

river into their Compaq Presario. But then one gray morning did Internet Explorer 6 no longer load The Google. Refresh was clicked, again and again. Perhaps The Google was broken, the people thought, but then The Yahoo, too, did not load. Nor did Hotmail. Nor usatoday.com. The land was thrown into panic. Internet Explorer 6 was minimized then maximized. The Compaq Presario was unplugged then plugged back in. The old mouse was brought out and plugged in beside the new mouse. Still, The Google did not load.

DigitalDigest

Some in the kingdom thought the cause of the darkness must be the Router, which, according to legend, had been installed behind the recliner long ago. Concluding the trouble must lie deep within the microchips, the people did despair and resign themselves to defeat

But with the dawn of the feast of Christmas did a beacon of hope manifest itself upon the inky horizon. Riding in upon a teal Ford Focus came a great warrior, a suitor of the gentlefolk's granddaughter. Word had spread through the kingdom that this warrior perhaps knew the true nature of the Router.

The people did beseech the warrior to aid them. While others may have shirked the duties, he accepted the quest and strode bravely across the living room's beige shag carpet.

Deep, deep behind the recliner did the warrior crawl, over great mountains of National Geographic magazines and deep chasms of TV Guides. At last, he reached a gnarled thicket of cords, a terrifying knot of gray and white and black and blue threatening to ensnare all who ventured farther. The warrior charged ahead and bested the thicket, ripping away the vestigial cords and swifty untangling the deadly trap.

And finally, the warrior arrived at the Router. The warrior swiftly maneuvered to the rear of the box and pulled with all his force, dislodeing the cord from the Router. The heavens roared. The earth wailed. The green lights turned off. Silently the warrior counted. One. Two. Three. And just as swiftly, the warrior plugged the cord back into the Router. Great crashes of blood-red lightning boromed overhead. Murders of crows blackened the skies. The Power light came on solid green. The warrior stared at the Internet light, waiting, waiting. And then, as the world around him seemed all but dead, the Internet light beean to blink dead, the Internet light beean to blink or the seeme of the seeme of the dead, the Internet light beean to blink or the seeme of the dead, the Internet light beean to blink or the dead, the Internet light beean to blink or the dead, the Internet light beean to blink or the dead, the Internet light beean to blink or the dead. The Internet light beean to blink or the dead the Internet light beean to blink or the dead. The Internet light beean to blink or the dead the Internet light beean to blink or the dead. The Internet light beean to blink or the dead. The Internet light beean to blink or the dead the Internet light beean to blink or the dead. The Internet light beean to blink or the dead. The Internet light beean to blink or the dead. The Internet light beean to blink or the dead. The Internet light beean to blink or the dead. The Internet light beean to blink or the dead. The Internet light beean to blink or the dead. The Internet light beean to blink or the dead. The Internet light beean to blink or the dead. The Internet light beean to blink or the dead. The Internet light beean to blink or the dead. The Internet light beean to blink or the dead. The Internet light beean to blink or the dead. The Internet light beean to blink or the dead. The Internet light beean to blink or the dead. The Internet dead. The Internet light beean to blink or the light and dead. The Internet light beean to blink dead. The light are the light and the light are the light and the light and dead. The light

The warrior made haste to the Compaq Presario. With a resounding click he opened Internet Explorer 6. And then did he see, at long last, that The Google did load.

And so the good people of the kingdom were delighted and did heap laurels and lell-0 salad at the warrior's feet, for now again they could have their Hotmail as the wireless Internet did flow freely to their Compaq Presario. The warrior ate his Jell-0 salad, thanked the gentlefolk, and then went to the basement because the TIVo was doing something weird with the VCR.

WORD OF THE MONTH

"Nomophobia"

FROM THE Los Angeles Times

Short for "no-mobile-phobia," nomophobia is the fear of being without phone. Sixty-six percent of users in the United Kingdom recently surveyed said they suffered from nomophobia. We'd guess the percentage would be even higher in America.

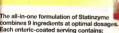
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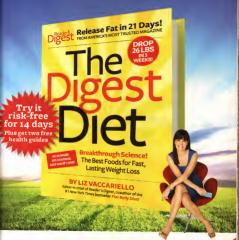
mass of snarled cords connected to our tech agagess? Rather than shoving the whole thing behind furniture, turn the tangle into beautiful budget artwork. Interior designer Michael Moeller joined two walls with orange extension cord loops for one New York couple; London artist Maisie Broadhead followed a design she sketched on a paper template to turn a long lamp cord into over-the-mantel art. To make your own wire wall

sculpture (it's easy and safe, even for design newbies—just don't plug the cord in until you've attached it to the wall), all you need is an extension cord, a box of cable wall tacks, and an accessible socket.

Then follow the light(s).

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President, Reader's Digest North America

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drink 2 to 8 cans of soda a day – not the 5 to 8 glasses of water Healthy Eaters drink.

 Half the people consuming that many sugary drinks are 30 or more pounds overweight. New York City plans to ban large sugary drinks to curb diabetes.

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Humana



Life-Saving Ideas From Our New

Healthy Americans Survey



The key screening tests you should have regularly, including the one that can help you avoid diabetes.



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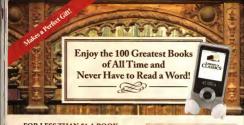
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Culture Digest



ART EXHIBIT

Follow the Bouncing Ball

our years ago, artist Kurt
Perschke tossed his RedBall
Project, a traveling installation,
into Chicago's Jay Pritzker Pavilion.
Since then, the 15-foot-wide vinyl
ball has bounced to cities like
Taipei, Abu Dhabi, and Portland,

Oregon, with fans suggesting where they'd like to see it next.

"In that moment, the person is not a spectator but a participant in the act of imagination," Perschke says. Visit redballproject.com to track its travels.



The Greatest Sports Moment I Ever Saw BY TOMMY TOMILINSON

ver the years, I've covered Final Four tournaments, a Super Bowl, the NBA All-Star Game, even the Bassmaster Classic. I've been on the scene as teams were crowned national champions and players won titles with last-second shots. But the most dramatic moment I've witnessed in sports-if you'll let me stretch the definition of sports just a little-happened in a hotel ballroom in Washington, D.C., back in 2004. And the hero was a 13-year-old boy.

I was there to cover the National Spelling Bee. I was working for the newspaper in Charlotte, North Carolina, and a kid from our area had

finished 12th the year before; he was back for another run and was a favorite. The finals would be broadcast live on ESPN. Before the bee started, the lobby of the Grand Hyatt was full of kids playing chess or reading Harry Potter books or catching up with friends from the year before. Others were up in their rooms, studying word lists and definitions and derivations for the thousandth time. You can qualify for the bee through eighth grade, and some of the kids had won their local and regional bees year after year, hoping to be the last speller standing at the national bee.

One of the 265 kids who made it to

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CultureDigest

Washington was Akshay Buddiga (OCK-shay boo-DEF-guh), a 13-yearold eighth grader from Colorado Springs. His brother, Pratyush, had won the bee two years before, and Akshay wanted to match his brother's success. Akshay was nervous the day of the finals. He didn't eat much.

any of the finals. He dun't eat much. You could eavesdrop in Harvard Yard all day and still never hear the words used in the National Spelling Bee. These words—forgotten Spanish dances, descriptions of frog life, cheese—making terms—live in the dark corners of the unabridged dictionary. Each speller steps to the microphone, and the official pronouncer announces a word. If the speller gets it wrong, a bell rings a single cruel note. If the speller gets it wrong, there's a moment of sweet silence, then three magic words 'That is correct.

Akshay Buddiga's moment came in round six. His word was alopecoid, meaning "like a fox." He knew the word. But there was a problem. In his head, he saw two different spellings. He couldn't decide which was right.

He had two minutes to spell the word. He asked for the definition. He asked the pronouncer to use alopecold in a sentence. He was stalling, trying to pick between the two versions in his head. He jammed his hands in his pockets. Without knowing it, he stood so straight that he locked his knees. He started to feel light-headed.

He asked for the pronouncer to say the word again.

Alopecoid.

Akshay started to wobble, and his eyes went wide. The pronouncer said it one last time.

Alopecoid.

And this time, the word caught
Akshav flush on the iaw.

He stumbled sideways to his left but could not keep his balance. He crashed to the stage so hard, his feet flew into the air

The audience made this sound: OhhhhhhOHHHHHHHHOhhhhhhhh. An official said, Stop the clock.

Akshay had fallen right in front of another group of spellers. They leaned over in their seats to ask if he was OK. The officials waited to see what he would do. The room went quiet except for the click-click of the photographers' cameras.

Akshay raised his head. He looked around the room for a few seconds. Then he got up.

The placard around his neck, marking him as Speller No. 25, was twisted around backward. But as he walked back to the middle of the stage, straightening his glasses, the placard fell into place.

Take a break, one official said.

Akshay didn't. He went straight to the microphone.

"A-L-O-P-E-C-O-I-D," he said. "Alopecoid."

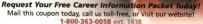
The official didn't leave room for

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Culture Digest

the bell or the silence. She spoke right away: "That is correct."

He went back to his seat to a standing ovation.

Why do so many of us love sports? Why do we crave competition? One of the reasons, I think, is that if you compete hard enough. you're bound to get knocked down. And when you do, you find out how good you are at getting up.

Akshay Buddiga ended up finishing second in the National Spelling Bee, He's 22 now and just graduated from Duke in biomedical engineering. He's headed to grad school at Stanford in the fall

Look up "spelling bee faint" on YouTube, and you'll find several clips of Akshay's big moment, including one that has 1.2 million views. But few people know the name of the

young man who provided such great drama. When a Grev's Anatomy episode featured a fictional spelling bee champ, a bunch of Akshav's friends called to tell him about it: the character mentioned him by name.

Akshay says a lot was going through his mind when he was lying there on the stage: "All of the pressure I put on myself, all the work that I'd done." He still had two different spellings of alopecoid bouncing around in his head-but now his gut was telling him which one was right.

As he walked to the microphone, he decided he didn't care if he missed. He was going to trust himself.

That was correct

Tommy Tomlinson is a staff writer for sportsonearth.com, a new website that launched last month, and a former reporter and columnist for the Charlotte Observer

STUDY

Put Your Left Side Forward

Your "good" side is more science than pose, Scientists at Wake Forest University showed research subjects photographs of 20 male and female faces taken from opposite angles. The participants uniformly found the left side of the faces more appealing than the right. Since the brain's right hemisphere is better at signaling emotion than the left-and con-

> facial expressions tend to be stronresearch savs Angelina Jolie should be

ger on the left, Perhaps that's why iconic paintings like Vermeer's Girl with a less attractive in Pearl Earring lead the photo on th with the left side. left. (Right!)

trols the left side of the face-

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WITH SNAPSHOT, GREAT DRIVERS GET GREAT SAVINGS. HOWEVER, GREAT TRIANGLE PLAYERS WILL STILL GO UNRECOGNIZED.

NOT THAT I'M BITTER.

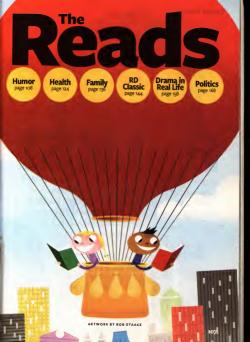




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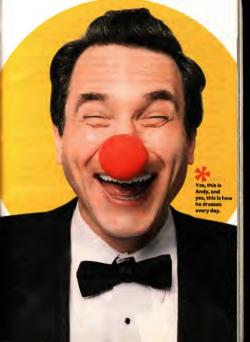
THESE ARE THE JOKES, FOLKS!

Humor editor ANDY SIMMONS* has a book coming out filled with jokes, anecdotes, essays, and interviews from his nine years at Reader's Digest, and he wants to shamelessly



promote it in our pages. Our response: "As long as we don't have to pay you." Here are some of Andy's favorite gags from Now That's Funny!

Now That's Funny! (\$14.99, Reader's Digest Association) is found wherever brilliant books are sold



Favorite joke sent in by a celebrity:

"Doctor, please help me," says an elderly patient. "I have silent passage of gas every morning. I have silent passage of gas severy afternoon, and I suffer from silent passage of gas in the evening. Sometimes I have silent passage of gas at unpredictable times—for instance, just now. Doctor, can you help me?"

"Sure, I can help you," says the doctor. "But first you need your hearing checked." From Dr. Oz. media monul

Favorite joke I can't share with

my kid: Why does the Easter Bunny hide all his eggs? Because he doesn't want anyone to know he's screwing a chicken

want to achieve immortality through my work; I want to achieve immortality through not dving, Woody Allen

Favorite philosophy

I live by: I don't

Favorite dolt who reminds me that I am smarter than at least one person: Londoner Joanna Kirchmeier arrived home to find her husband, Helmut, in front of a mirror "just staring at himself, his publis tiny." Helmut.

a newly trained hypnotist, had accidentally hypnotized himself while rehearsing a new act and had been standing like that for five hours.

Favorite anecdote about why we have locks on bathroom doors:

While my three-year-old grandson was attending a birthday party, his friend's father sneaked off to take a shower before work. Halfway through, the father heard a tapping on the shower door, followed by the sight of my grandson peering in. Looking around the stall, he asked, "Is my mom in here?"

Submitted by reader Billie Creel



"What happened?" she asked.
"I was driving and fell asleep," said her mother, irritated. "And of course, your father wasn't paying attention!"

Submitted byreader Guy Lambert

Favorite invention that I'm looking for on Amazon as I type this: It appears that in the face of chemical or biological warfare a woman's

or biological warfare, a woman's primary job is to doff her clothes.

That's where the Face-Mask bra comes in. It's a brassiere that, in an emergency, can be converted into a pair of protective masks. In the event of dangerous fumes, say the inventors, masks may not be available, but there's almost always a bra handy.

Favorite complaint that's not nearly as whiny as I'd have written

it: As a TV writer, I rarely watch TV. And one reason is those big banner ads that scroll across the bottom of the screen, interrupting a show I vant to see to promote a show I never want to see. If I'm watching something about Charlemagne, do I need to know about an all-new season of American Chopper?

These ads cover up subtitles in foreign films and obscure key clues on mystery shows. And once, during the somber classic Saving Private Ryan, a Day-Glo green banner unfurled, featuring the capering cast of Uncle Fatso's Family. And I wondered, Who are you people? And what are you doing in occupied France?

Mike Reiss, a founding writer of The Simpsons

Favorite reason to loathe technology:

I don't shop online, because I don't own a computer. My belief is they haven't completed inventing computers yet. Why? Because they don't work. If they worked, not every business in the world would have a department to fix them. They don't have a department to fix pencils.

Humorist/curmudgeon Fran Lebowitz

Favorite reason to love technology:

Consumers in northern Alabama became suspicious when they received recorded messages urging them to go to a website where they could "update" their bank account records. How did victims know it was just a "phishing" expedition? Their caller 10s read "This is a scam."

Favorite advice I plan to pass on to kith and kin (once I figure out what kith means): When I was a self-

conscious feen, my mother told me, "You think people are thinking about your ziro ry our large nose, but they're not. No one else is thinking of you as much as you think they are, because just think how much you're not thinking of other people."
And she was trying to cheer me up.

ng to cheer me up.

Comedian Anita Renfro

Favorite practical joke I swear I'm going to pull off one day: I once

saw a dead deer by the side of the road. I ran home, put on a Santa suit, and then lay down beside the deer—just in time for a school bus to drive by. 70m Mabe, pranster

Dig in!
Stuff that
cracks
us up,
helpfully
organized
A to Z.

BY ANDY SIMMONS



If he thinks

APPRECIATION

Late Night host Jimmy Fallon

Late Night host Jimmy Fallon brings back the lost art of the thank-you note in his book Thank You Notes 2 (Grand Central Publishing).

 Thank you, hard taco shells, for surviving the long journey from factory to supermarket to my plate ... and then breaking the moment I put something inside you.

erpedia



BALLERINA

When Bob Carey first donned a tun, he just wanted to make his wife laugh. It worked. So the New York artist created a photo book of himself of the various locations sporting pink tulle. Once, while he was shooting in New Jersey, a father pointed to him and told his son, "This is exactly why I want you to exercise." Net proceeds for Ballerina (buy one at the tunturpoject.com) will go to fight breast cancer, for which Carey's wife was treated.

- Thank you, friend who says he "doesn't want to take sides," for basically saying you don't want to take my side.
- Thank you, pigs in a blanket, for allowing me to eat the equivalent of five hot dogs while I'm at a party.
- Thank you, For Dummies guides, for identifying the subjects I most want to learn about—and then insulting me.



TABLET BONUS To see videos of "Ballerina" and some of our favorite comedians, download the Reader's Digest app for your IPad or Kindle Fire.

COMEDIANS The humor site dead-frog.com pitted top comics-dead and alive-against one another then asked viewers to vote for the best. We list their top ten funnymen in order. Let the arguments begin.

George Carlin Here's a bumper sticker I'd like to see: "We are the proud parents of a child whose self-esteem is sufficient that he doesn't need us promoting his minor scholastic achievements on the back of our car."

Richard Prvor

I woke up in an

ambulance. And it

wasn't nothing but

at me. I said, "Ain't

this a @#\$%. I done

the wrong heaven."

died and wound up in

white people staring

my watch ... I always end up saving something useless, like. "It's 20 of 9:40." Mitch

Hedberg

just panic. I can't read

When someone tries to hand me a flyer, it's kinda like he's saving, "Here, you throw this away."

Bill Cosby A word to the wise ain't necessary. It's the stupid ones that need the advice.

Steve Martin Boy, those French: They have a different word for everything!

Dave Chappelle (On Oscar the Grouch from Sesame Street): They judge him right in his face, "Oscar, you are so mean! Isn't he, kids?"

"Yeah, Oscar! You're a grouch!" It's like. "I live in a @#\$%*#@ trash can!"

Jim Gaffigan It is just amazing how e-mail has changed our lives.

You get a handwritten letter in the mail today? "What the? ... Has someone been kidnapped?"

Norm Macdonald They say that if you're afraid of homosexuals.

it means that deep down inside. you're actually a homosexua vourself. That worries me, because

I'm afraid of dogs. Stewart December 25 is

National Jews Go to

the Movies Day!

Louis C.K. I hate when time on the street cause something

people ask me the happens to me. I

114

DEFINITION

Following Facebook's IPO fnasco, a new verb has appeared that describes losing one's shirt on Wall Street. The new word, which has its etymological roots in the name of the company's founder, is Zucked.



EYE-CATCHING

Looking for that certain something that will make people take notice? The website pinterestyouare drunk.com has found items on Pinterest that will do just that.

FANATIC Some sports fans try to psych out the opposing team by booing. Then there's University of Alabama sophomore Jack Blankenship.



Kazakh gold medalist Maria Dmitrienko got a surprise when she took the podium at the Arab Shooting Championship in Kuwait. Officials accidentally played the parody version of her national anthem from the movie Borat, with the lyrics: "Kazakhstan's prostitutes [are the] cleanest in the region."







HILLARY

Secretary of State Hillary Clinton is not known for her sense of humor. But this photo of her (right) sparked an online meme (textsfromhillary.tumblr.com) that portrayed her as a no-nonsense powerhouse keeping the president and everyone else in line. Clinton reportedly loved it.



IRONY

Charlie Sheen threatened to sue a New York strip club that renamed its VIP room in his honor. The room is known for serving sush on the bodies of scantily clad women, and, according to the New York Post, Sheen is concerned it could ruin his reputation.



JUDGMENT

Amazon invites customers to review its products. Here's one of the snarkfer posts: Wheelmate (a small, portable desk that clips onto a steering wheel): "A total lifesaver. It lets me prop my sheet music against the wheel, allowing me to play the guitar with both hands while driving."

JUSTIFICATION

A California man who threw a hot dog at Tiger Woods during a golf tournament blamed his actions on the movie *Drive*, which, he insisted, left him wanting to do "something courageous and epic."

Source: Sports (Nustrace)



LITERATURE

As any writer will tell you, great prose comes out of angst, love, fear, and exuberance. All of which can be found in a camp letter from your kid, like these in P.S. I Still Hate It Here, edited by Diana Falanga (Abrams Image):

Dear Mom and Dad, Sailing is awesome ... When people start to annoy me on the boat I get a good grip on the boat and flip it on its side, and everyone falls except me. —Chuck

Dear Mom, Dad, and Lexi, Hi! Camp is great, and I have great news! The nurses haven't found anything in my hair for the past two days! I ove you and miss you! From Ashley

Dear Mom. Dad. Joe. Nute, and Helga, Liust got back from my three-night trip to Trout Lake. It was incredible!!!!!!!!! One kid was minorly struck by lightning, otherwise it was really fun, Love, David



MATRIMONY

President Ohama's support of gay marriage brought out the pundits: Romney said he had no problem with gay people because one of

his best friends owns

San Francisco Craig Ferguson. The Late Late Show

This week, President Obama was finally outed as a Democrat.

> Seth Meyers. on Saturday Night Live



NARCISSISM

Nothing will put you on the road to sobriety quicker than having Richard Branson's face staring at you from the bottom of a cocktail glass. And yet on board the CEO's airline, Virgin Airlines, the ice cubes are molded in his likeness.

I'm switching to crullers

NIBBLES

What keeps Conan O'Brien awake at night: "Anyone else worried that we're in the midst of a cupcake store bubble?" Via Twitter





Writer A. J. Jacobs is very much alive. But he mourns a part of himself that has met its demise.

My Own Damn Business, 42, Dies The concept that a few small parts of my life should remain unknown to corporations or colleagues died Thursday night. The cause of death was a cupon from Target for half-price hemorrhoid ointment, with the note: "We noticed you bought a soft travel pillow last week, People who buy soft travel pillows are 40 percent more tikely to seek relief with hemorrhoid cream. Would you like something to soothey our swollen rectal alands?"

Born 42 years ago when I first developed the notions of self and shame, My Own Damm Business had been ailing for some time due to numerous questionnaires, surveys, embedded cookies, Facebook's marketing of all my likes and dislikes, Google's list of every search I've ever made, and Hulu's requests about how I rated my "a'd expreience." From Equire



PRECISION
Bet you can't hit
a telephone pole in the
middle of a vast, empty
desert. Kudos to this
woman, who accomplished the difficult feat!

OBITUARY (Real) It's never too late for a guilt trip:

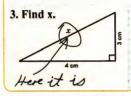
"Anello, Josie, 94, Tampa, passed February 11, 2012, peacefully at home. She is survived by her son A. J., who loved and cared for her; daughter Ninfa, who betrayed her trust; and son Peter, who broke her heart." Source

OY VEY

One of the surprise off-Broadway hits this year was Old Jews Telling Jokes. It to basted an interesting story line—old Jews who tell jokes. Here's one of them: During a bank robbery, the robber's mask falls off, the puts it back on, turns to a man, and says, "Did you see my face?" The customer says, "Yes, I did." The robber shoots him. Het turns to a woman. "How about you?" She says, "No. But my husband did."

QUESTIONS & ANSWERS If you're a kid, and you have

If you're a kid, and you have the opportunity to answer a test question correctly or crack wise, which would you choose? Exactly. From hunguancom





SOLUTION This heartfelt letter

to the editor appeared in the Times of Northwest Indiana: "A lot of deer get hit by cars west of Crown Point on U.S. 231. There are too many cars to have the deer crossing sign needs to be moved to a road with less traffic."

RANT

Bill Maher doesn't want to offend you, but he'd like it if you'd just chill out.

When did we get it in our heads that we have the right to never hear anything we don't like? In the last year, we've been shocked and appalled by the unbelievable insensitivity of Nilke shoes, the Fighting Sioux, Hank Williams, Jr., CeeLo Green, Astroucher, Tracy Morgan, Don Innus, Kirk Cameron, Gilbert Gottfried, the Super Bowl half-time show, and the ESPN guys who used the wrong cliche for Jeremy Linafter everyone dies used all the

Oh, please!

others. If it weren't for throwing conniption fits, we wouldn't get any exercise. I have a better idea. Let's have an amnesty—from the left and the right—on every made-up, fake, totally insincere, play-acted hurt.

insult, slight, and affront. Let's make [one day a year] the National Day of No Outrage. One day a year when you will not find some tiny thing some-one did or said [offensive] and pretend you can barely continue functioning until they apologize. I don't want to live in a country where no one ever says anything that offends anyone. That's why we have Canada. From Nevo 17 TIESE

TEAM MASCOT

The Draper, Utah, school board nixed a new school's nick-name, which had been chosen by students. The reason:
It's offensive
The name: Cougars
Whom might it offend:
Middle-aged women

Source: deseretnews com

TWEETOSPHERE, YE OLDE

Writing smart and funny in 140 characters or less isn't easy. But as Jesse Pearson, in Playboy, reminded us recently, the old masters of comedy would have jumped all over Twitter:

OSCAR WILDE "One should always play fairly when one has the winning cards." (61 characters)

DOROTHY PARKER "If you want to know what God thinks of money, just look at the people he gave it to." (84 characters)

HENNY YOUNGMAN "When I read about the evils of drinking, I gave up reading," (59 characters)

JACKIE MASON "80% of married men cheat in America. The rest cheat in Europe," (62 characters)



Ugh The story goes that this guy didn't see his glasses on the seat and sat on them. Whatever. In any case, to quote doctors Rich E. Dreben, Murdoc Knight, and Marty A. Sindhian, it's "yet another reason to wear

From Stuck Up: 100 Objects Inserted and Ingested in Places They Shouldn't Be, by Rich E. Dreben, MD, Murdoc Knight, MD, and Marty A. Sindhian, MD (St. Martin's Griffin)

contacts."

VOGUING Retro was all the rage at the annual Duck Racing & Fashion Parade, in Moore Park, Australia.



WANTED An ad was posted on Craigslist, presumably by a lonely rodent: "Looking for adult female mice, preferably pretty

ones."

WILLISMS

curtain on actor and Internet mayen (funny ordie.com) WILL PEDDELL.



- he told his distraught younger brother when they learned that their parents were divorcing: "Look at it this way, we're going to have two Christmases!"
- On his medications: "I take fish oil and 81 milligrams of aspirin a day-81. Science has shown that 80 wasn't effective."
- On underwhelming his fans: "I'll be, 'Oh, hev, how are you?" and they're like, 'What are you going to do? Do something! Are you sure that's him? He's not doing anything!" source: Rolling Stone



What makes a woman a woman. "Feminism promised us two things: fatter dolls and an end to traditional gender roles."

Liz Lemon (Tina Fey) on 30 Rock

122

YUMMY
After perusing this menu in a
Xi'an, China, restaurant, we'll stick
with the cheeseburger.

粉丝杂菌煲 Fans Miscellaneous Bacteria Pot Flame new-found shrimp

¥108元/例

铁板XO酱煤鱼头 ¥42元/ Sizzling XO sauce explosion head



ROM TOP: COURTESY ANTONIO MAMBELLI HENRIKSEN/SIGNSPOTTING, COM (2); COURTESY JOHN PAUL FILD/CBS PHOTO

ZOOLOGICAL

David Letterman dedicated one of his Top 10 Lists to shows he hopes will air on Dog TV, the first television channel devoted to canine viewers.

- 10. Neuter, She Wrote
- Doogie Schnauzer, MD
 - 8. America's Got
 - 7. How I Met Your Breeder
 - Bones
 - 5. The King Charles Spaniel of Queens4. Keeping Up with the
 - Pomeranians
 3. "Who's a Good Boy?"
 - starring Nathan Lane
 - Two Broke Bitches
 - Shih Tzu My Dad Says



SPECIAL REPORT

Why a Hospital **Bill Costs** What It Costs

BY KIMBEDIV HIE

Reader's Digest
investigates the shocking
ways we overpay.
Here's how to understand
your bill—and save
thousands.

hen radiologist Jeffrey Rice's son needed foot surgery, the family chose a respected orthopedist in St. Louis. Rice called the hospital to schedule the surgery and asked a simple question: How much will it cost? The hospital didn't know and called back with the price; \$37,000, Shocked, Rice, who is CEO of Healthcare Blue Book, a company that helps consumers compare medical costs, asked if it included his in-network discount. He was told no. and they called with the recalculated price; between \$15,000 and \$25,000. Curious. Rice asked the surgeon if he operated anywhere else, and he suggested an outpatient center in his office building, which quoted a charge of \$1.515. "Just two or three phone calls," says Rice, "and I got almost 90 percent off,"

his story raises two questions. First, what magical math can transform a \$37,000 sticker price into \$1,515? Second, why don't we all shop for medical services as Rice did'l If we want to renovate a bathroom, we'll call a few contractors and compare estimates. If we need to replace a hip, however, few of us research the best cost up front.

But even when we do, the answers are confusing and variable. While the value of a house is based on an assessment, and the cost for an antique is determined by an appraisal, a full explanation of medical costs is hard to come by. After we asked 18 healthindustry sources-including doctors. medical coders, patient-advocacy groups, health-care economists, an insurance executive, a hospital CFO. and a Consumer Reports editor-we learned that no one seems to know the whole story. A physician from the Northwest told us medical billing was "complex voodoo magic"; an Ivy League economist said it was "based on the phases of the moon"; and one academic hospital in the Northeast refused to comment, citing "a recent large settlement relating to a billing problem."

But one point was clear: Paying attention to the billing process may save you money. "People tend to be pretty trusting of the medical system—when they get a bill, they pay it," says Ted Epperly, MD, program director and CEO of the Family Medicine Residency of Idaho, a physician training program. "But there's so much complexity, human error, and misinterpretation. If patients are unaware or afraid to ask questions, there's probably a tremendous amount of payment happening every day for things that should never have been billed."

Think such scrutiny shouldn't matter because you're insured? "Sure,
with insurance you may be getting
20 percent off the hospital's charge,"
says Pat Palmer, founder of Medical
Billing Advocates of America, a group
that helps patients handle medical
Billing. "But if that hospital made an
error, you could be paying 80 percent of something you shouldn't be
paying to start with." Plus, with the
number of high-deductible plans on
the rise, more patients are paying out
of pocket for many services before
their coverage kicks in.

Here, four eye-opening facts about medical bills—and how to use that knowledge to save money on your health care.

Hospital prices are shockingly complex

Considering that industry analysts claim that hospital price calculations are arbitrary, we asked hospitals nationwide a simple question: How do you calculate your sticker prices? Five declined to comment or didn't provide an answer, leaving Murray Askinazi, senior vice president and

CFO of Lawrence Hospital Center in Bronyville New York, to offer this explanation: For an outpatient MRI as an example. his hospital calculates its charge based on such factors as the cost of buying or leasing the machinery. the wear and tear on that machine, staff salaries, the climate control and electric bill. cleaning costs, local competitive pricing. and other costs related to

Surprisingly, medical services can vary wildly from one hospital to the next. The median charge for acute appendicitis admissions at 289 medical centers and hospitals throughout California, for example, ranged from SL29 to almost S183,000, an Archives of Internal Medicine study reported in April. Within San Francisco alone, the range between the lowest and highest charge was nearly S172,000.

the hospital's overhead, like malpractice insurance.

But hospital sticker prices matter only to a limited extent because they typically get trumped by a higher power: the amounts that insurance

Health-Care Prices Are Spiking

Compared with a 1.6 percent rise in inflation over the same time period:

7 +11%

+5.1%

AVERAGE PRICE PER INPATIENT ADMISSION: 2009: \$13,954 2010: \$14.662 AVERAGE PRICE PER OUTPATIENT VISIT: 2009: \$2,019 2010: \$2,224 AVERAGE PRICE PER EMERGENCY ROOM VISIT 2009: \$1,195 2010: \$1,327

AVERAGE GROWTH RATE OF PRICES

Source: Health Care Cost Institute report, May 2012

companies are willing to pay for those services. The figures are determined by a negotiated contract that dictates the rate at which the companies will reimburse the hospital on the patient's behalf. (In addition, the rates paid by Medicare and Medicaid, Askinazi adds, often fail to cover the hospital's cost of providing the service in the first place, which means some of those costs are often shifted to commercially insured patients.)

Now, all those factors affect the math for one simple outpatient test.

Why My Mohi'S Bill Cost What It Costs

Hearned the hard way that error-detecting tactics are only as effective as your hospital is responsive. Long story short: My mother received a one-page bill for a three-day stay last year at a New England community hospital. It was just a basic bill with 13 line items (from "Room-Board/Semi" to "Laboratory"). Though the total charge was \$11.648.87, insurance covered most of it, so my family paid the balance without question. But after reporting this piece. I wanted to find out exactly what we'd paid for, so I called to request an itemized statement Here's what followed



The number of calls it took over a six-day period to get a live person on the phone who said they would mail an itemized hill.

The number of days that passed without the bill arriving. I called the hospital and was told it was never sent because they never verified the mailing address.

The number of days that continued to pass without the bill arriving. I called twice and was told that it takes 30 days for itemized bills to be sent, and each time I followed up, my request was moved to the bottom of the list.

The number of bills received by press time.



For an inpatient hospital stay, those computations sprout into an intricate vine in which every service (from radiology to pathology) generates its own charges. The hospital also has facility charges, covering room and board, certain room-use fees (such as the operating room), and nursing services, all of which get consolidated into the bill sent to you and your insurance company.

As technology advances, those charges rise. Palmer had a client from Louisville, Kentucky, who was astonished to receive a charge of \$45,330 for a prostate surgery and an overnight stay (insurance would cover only \$4,845). The billing department told Palmer that the steep price was not only because it was a robotic procedure but also because patients who receive the high-tech surgery shortly

after the hospital starts offering it are helping to recoup the facility's equipment costs.

* To Save Honey

Shop around, Compare prices in advance, "When you schedule your procedure, say 'This is my insurance, How much will this cost me?" advises Healthcare Blue Book's Jeffrey Rice. "If the hospital can't tell you, that's a warning sign they might not be a good deal: once you make two or three calls. you can usually find a good-value facility." To learn what a reasonable price should be, check out the free. online cost-comparison tool from Healthcare Blue Book (healthcare bluebook.com), which lists "fair" rates in your zip code based on the average insurance reimbursement fee. Also

Hospital / Surgery Center

When possible, consider having tests and less-imasive procedures at outpatient facilities like a surgery center or your doctor's office, both of which can be less expensive than a hospital visit. According to Healthcare Blue Book data, prices paid for a colonoscopy by managed-care network patients in a Midwest city ranged from \$4.481 at an "scademic medical center" to \$840 at a fiveestanding office. "While some patient-advocate groups find that recently, outpatient facilities are charging the same price or even more than a hospital, other sources, including Healthcare Blue Book CEO Jeffrey Rice, maintain that "outpatient centers often have the same or better quality, better service, and better pricing."

Bottom line: Include outpatient facilities when you comparison should be the pricing.

try FAIR Health (fairhealthconsumer .org), a nonprofit that lists estimates of providers' charges for services in your area plus how much of that charge insurance should cover if you go out of network.

Research your own resources. For a more precise prediction of a procudure's cost with your insurance policy, check your insurance company's website, which may provide a membersonly cost-comparison tool, says Nancy Metcalf, Consumer Reports senior program editor and health insurance expert. Some hospitals post procedure charges on their sites as well

Coding is so tricky, even doctors don't get it

Unlike the corner gas pump, CT scan machines and syringes don't have visible price tags, making it hard for patients and doctors alike to know their cost. "Most physicians are in the dark about costs," Dr. Epperly says. "I did a procedure this morning to put a scope into a patient's stomach, and I don't know how much she'll get charged—"Im focused on what to do as a physician to help people. I just filled out the form and put down what we did, my coder is the person who will translate that into money."

So we asked coders—trained specialists certified by the AAPC (formerly the American Academy of Professional Coders)—what happens next. In a nutshell: Medical billing runs on three sets of universal codes: one for diagnoses (ICD-9), one for procedures (CPT), and one for durable medical goods and certain services (HCDCS). It's the job of the coder—who can be one of many coders in a hospital billing department or an office manager doubling as a coder in a neighborhood practice—to translate every single illness, treatment, and pair of crutches into a number. Those codes are critically important because they help dictate the rest of the payment stream that follows

It's a complex task. CPT codes, for example, are listed in a city-phone-book-size manual in which even an MRI has about 60 variations. "Some-times I'll look at the information and think, I don't know what the hell kind of code I'm supposed to use here," asays one clinician who does her own coding. "There's so much to consider,

and it can be open to interpretation."
Many clinicians still write their
patients' progress notes on paper,
sometimes carbon copy forms with
areas for handwritten notes and
boxes listing corresponding code
choices to be checked off. "People
are busy, and a check mark could end
up on line one versus line two, and
doctors' handwriting is notoriously
sloppy, so a 2 could be misinterpreted
as a 3," says Dena Bravata, MD, chief
medical officer for Castlight Health,
a cost transparency company.

Some medical professionals don't have a firm grasp of coding to begin with. In 2010, a 71-year-old cancer patient in Florida paid his physician \$10,000 for injection treatments

The Mistake Everyone Makes

Don't word an overwhelming bill. "Throwing it in the garbage or pretending you didn't see it is the absolite worst thing you can do," says patient advocate Jennifer Jaff. This mistake can lead to collection agency disasters. Deal with a problematic bill promptly. Set up a payment plan or begin to investigate or appeal an apparent mistake. If the situation proves too complex, these resources can help.

- *The U.S. Department of Health & Human Services has a website with a map of the states that can direct people to agencies, including state insurance departments and local nonprofits, that can help people find health coverage, file appeals, and learn about other health-care issues, (healthcare.gov/law/features/rights/ consumer-assistance-program).
- ★ Medical Billing Advocates of America is a national network of advocates who help patients deal with overcharges and insurance company underpayments. (billadvocates .com; rates vary by case, averaging 35 percent of savings obtained)
 ★ Patient Advocate Foundation (which helped the 71-war-old Florida patient on page)
 - Patient Advocate Foundation (which helped the 71-year-old Florida patient on page 39) offers support to patients who have a chronic, life-threatening, or debilitating illness. (patientadvocate.org; free)
- Advocacy for Patients with Chronic Illness provides legal information, advice, and counseling for patients with chronic conditions. (advocacyforpatients.org; free)

through an implanted pump because his insurance claims were denied. Turns out, the physician's wife and office manager doing the billing were using the wrong codes. Instead of coding for only the injection therapy, they'd been coding for the actual surgery to implant the pump—ten times per month for over a year.

The system is only getting more complicated. As science generates had diagnoses and treatments, the American Medical Association issues more codes. In October 2014—for the first time since 1977—the government will institute an upgrade of ICD-9 codes to ICD-10, bumping the number of diagnosis codes to more than 144,000 from

about 13,600. Professional coders are already preparing. While many predict billing delays, some are so concerned about the transition, they're forecasting a Y2K of coding. "It's going to be a major catastrophe," says Pat Palmer of Medical Billing Advocates. "There will be glitches everywhere, and I foresee a huge increase in errors."

* To Save Mohey Ask up front. Coding is typically too

technical for a layperson to grasp: It would be like going to a grocery store and seeing aisles of bar codes without the products they're attached to, says Richard Gundling, vice president of health-care financial practices for the Healthcare Financial Management Association. But it's useful to learn the codes for your care. "The doctor's office can often give you the CPT code for a procedure in advance," says Gundling. "It might change if anything in your treatment changes, but at least it would give you a frame of reference." You can give that code to your insurance company or your hospital when you sak for a price estimate. Some cost-comparison tools, like FAIR Health's, allow you to search by CPT code.

to search by CPT code.

Question the code. A coding error
could be to blame for an outrageously
high bill. (Sometimes codes are listed
on bills, sometimes note.) If your bill
includes codes, check if they libe with
the ones you got from your doctor
beforehand. If a bill has codes without
corresponding descriptions, call the
billing department to make sure they
match the procedure you got (or look
them up on FAIR Health's site) or enlist
the help of a patient advocacy group
that has coding specialists (see "The
Mistake Everyone Makes," page 131).

Supplies and appointments are hard to track

Even with regular audits and billing software to ensure accuracy, hospital bills are subject to honest human error. One common problem: getting charged for something that didn't happen. Say you're in the hospital for surgery, and a CT scan scheduled

for Tuesday morning got canceled because your condition changed. "Eight out of ten times, that charge is still going to show up on that bill because it was put into the system and not taken out." says Palmer.

Other errors include double billing or charging for items you didn't use. "Tremember watching a few catheterization procedures," says June Morgan, a coding educator specialist with the AAPC. "As additional supplies are pulled, the person who hands then to the doctor tells someone else the part number so it can be added to the bill. But sometimes it's hard to hear the part number, and it has to be repeated, so you can see how the pattent could be billed for supplies not used, or not billed for supplies used, or libel for fourliest estupples."

In still other instances, "sometimes supplies are pulled for a procedure like an echocardiogram before the patient arrives," Morgan says. "If the patient cancels or is a no-show, the supplies should be returned and credited to his or her account. But sometimes the staff just uses those supplies on another patient instead, leaving the charges on the wrong account."

* To Save Hohey

Maintain a patient log. Avoid mistaken charges by noting what happens during your hospital stay. Granted, when you're laid up, you're not thinking about billing. But to the extent possible, you or a family member could keep a notepad by your bed

That Costs What?!?

The surprising costs of the items in the following chart reveal how even little things can add up fast on your hospital bill.

ITEM	USE	CHARGE TO PATIENT
MARKING PEN	To mark the right body part for surgery	\$17.50
CUFF, BP ADULT	Use of blood pressure cuff	\$20
ORAL ADMIN. FEE	Charge for nurse to hand you medicine taken by mouth	\$87.50
PULSE OXIMETER PROBE	Pieces put on finger to measure oxygen	\$100
WARMER AIR BLANKET	Sometimes listed as Bair Hugger	\$113



and record the tests and medications you receive-and any that are canceled—along

with the dates. Keep track of the time. Some charges, like those for time in the operating room. are determined by the minute. Have a family member note when you go into and come out of surgery, suggests Palmer. "ORs may cost \$200 per minute. so if you're billed for two hours but your husband knows vou came out after one.

The percentage of patients' that's thousands of dollars in savings." The recovery room. where per-minute charges are also used, is another area to pay attention to, "Sometimes patients get stuck in recovery simply be-

cause nobody is available to take them to their regular room," says Palmer. Bring your own supplies. Everyday items could mean more bucks on a bill than you expect, says Palmer, who has seen \$10 charged for a diaper in a nursery and \$119 for an egg-crate pad

given to a patient who required sup-

Who Goes Bankrupt

The percentage of bankruptries due to medical costs

The percentage increase of bankruptcies due to medical problems between 2001 and 2007

The percentage of patients whose largest single out-of-pocket expense was hospital bills

The percentage of people whose illness caused bankruptcy who were insured

families in which someone lost or quit a job because of the medical event Source: The American Journal of Medicine.

port in bed, "If you end up needing one of these regular supplies," she advises, "just have a family member get it from a drugstore or bring it from home "

> Get an itemized statement. A typical hospital bill divides charges into broad categories such as Laboratory. Radiology, or Pathology, without much detail. Palmer advises that you request a detailed itemized statementwhich can be 15 pages or longerthat breaks out each specific charge. If you don't understand

an item, ask the billing

department to make sure

it matches the care you

Not every doctor is in vour network

received

Many doctors bill patients independently from the hospital they work in-and they're not necessarily in your insurance network just because the facility is. Recently, a New York patient whose finger had been severed by a table saw went to an innetwork emergency room but got stuck with an \$83,000 bill from the out-of-network plastic surgeon who reattached the finger. Another New York patient scheduling heart surgery confirmed that both the hospital and the surgeon would be in-network, which should have left only a co-pay. But a nonparticipating surgeon assisted, resulting in a surprise \$7,516 bill from just that physician.

Providers may not know (and are not required to inform patients beforehand) whether they are innetwork. "We use the term RAPE," asys Cindy Holtzman of the Georgiabased Medical Refund Service. "It stands for Radiologist, Anesthesiologist, Pathologist, and ER doctor, that's how we were taught in billing advocacy workshops to remember which specialties are most likely to be phantom billers that could be out-of-network."



Ask who's in. For a scheduled procedure, ask in advance whether any specialists you'll need, such as the anesthesiologist, are in-network (and request only those who are). "You can't always arrange it ahead of time, but if possible, do it." says Metcalf. "It's too late when you're lying on the gurney."

Add admission-form language. At the hospital, attach a statement to your admission paperwork that says you'll pay for nonparticipating providers only if you're notified in advance. Best-case scenario, your hospital will honor it outright. If not, you'll be in a stronger position to dispute potential charges down the road.

Contest the charge. If you get an outrageous out-of-network bill, use out-of-network reimbursement data from sources like FAIR Health to negotiate with your insurance company for better coverage, says Jennifer Jaff, executive director of Advocacy for Patients with Chronic Illness (who herself saved \$1,100 on a colonoscopy and endoscopy this way). You can also ask your insurance company to cover an out-of-network physician at your innetwork rate, a strategy that Palmer has used successfully.

THE NEVER-ENDING BATTLE

As I approached the supermarket, a woman grabbed the cart near the door and asked, "Do you want this?"

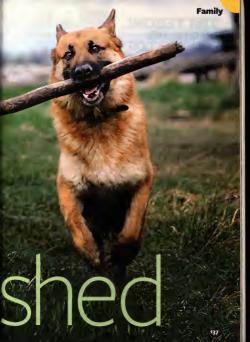
"No," I said. "I'm only here for one thing."

As she walked away, I heard her mutter, "Typical male."

Barry Pippen, Cardiff, Great Britain

WHAT MAKES A MAN WEAK IN THE KNEES? HIS BELOVED ... DOG

Love Unlea



TIM TEBOW ON OTIS, HIS COMEBACK DOG



We know him for football and his faith, but long before he was famous on the field, Tebow showed true grit in saving his treasured pet.

FROM Through My Eves

or my birthday the summer before my junior year in high school, I went with my brothers, Robby and Kevin, to Disney World. When on we returned to our farm outside Jacksonville, something seemed different. My mon met us as we pulled up in other prott of the house.

"I haven't seen Otis all weekend," she said. She seemed pretty unsettled.

Otis (the "first greeter") was always excited to see everyone on their arrival. Now Mom was telling us he'd been gone all weekend? It wasn't completely out of the ordinary for him to take off for several hours but never several days, so we all headed out to find him.

I took off on foot, then decided that the car would be faster. I drove around the property, calling as loud as I could. I kept hoping Otis would come bounding and barking from behind a corner of somewhere. I made another pass down the

I made another pass down the

N

driveway, keeping my eyes on the underbrush. There it was—that golden head pop-

ping up in the brush. I slammed on the brakes, jumped out of the car, and ran toward him

Otis put his head back down. In the past, he would have come running to me. I reached him, afraid that he'd been bitten by a snake. He looked fine, and I slowly and gently lifted his head. I still didn't see anything wrong, until he opened his mouth.

It was a bloody mess. His bottom jaw appeared to have been split down its full length, the two pieces hanging loosely. He was missing teeth, it would later learn, but I couldn't tell at the time with all the damage and blood. I looked at his legs and realized that instead of being tucked under him as they should be, they were awkwardly splayed. Otis had been hurt bad, but I couldn't fixure out by what.

I gently but quickly scooped him

up, put him on the seat of the car, and raced back to the house to tell the others so we could head to the vet. All the way there, I was getting angier. It was becoming clear that Otis hadn't been attacked by a "what" but by a "who." It looked to me like he'd been struck repeatedly.

The vet agreed with my guess and suggested that this could have been the work of a baseball bat. "Tim, his injuries are too severe," he said. Otis's back, legs, and hips were severely damaged, and his jaw was radically fractured. Surgery would have been extensive and expensive, and there was no guarantee he'd survive. Plus, the lengthy rehabilitation might prove to be more than he could take.

So we brought Otis home to die and laid him carefully on his bed.

Only we forgot to tell Otis that was the plan. We forgot to tell him these were his last days.

So every day, I carefully lifted Otis and carried him to our swimming pool. I gently submerged him on my lap up to his shoulders, and we rested together in the pool for a while.

After I'd been doing that for a couple of weeks, I began gently moving his back legs and watching his reaction. We took it slowly and increased his range of motion over time to help tone and strength. He didn't seem to want to move them on his own, but he let me move them for him. Over time, I started moving my hand out from under his back legs, which would force him to paddle a bit to feel like he was staying afloat. I never took my hand off his chest and never made him paddle much. Just long enough so he could take a few strokes and regain some confidence and strength.

It was hard to look at Otis without feeling how painful the attack must have been and how much he still must have hurt.

must nave nur.

Thankfully, he continued to get better, and over the next few months, with the regular pool workouts and lots of milk shakes—he loved vanilla—he regained the ability to walk, albeit with a noticeable limp. He never ran again, but after an initial period where he seemed ashamed or worried that he'd done something wrong—which made me upset at the physical injuries he'd suffered—he settled back into being himself. He was a bit frail, but he was our Ois, no less, the one we always leven and loved.

Otis lived to be 13 and died when Tebow was away playing college football. Today, the Jets quarterback owns a Rhodesian ridgeback named Brony



FROM The Literarian

aving written several novels in which dogs play leading roles and many more in which they are supporting players, having written five books from the point of view of my golden retriever, Trixie, and having written a memoir of Trixie after her death. I am rather widely known-so far as I am known at all-as a dog lover. Some even think I am dog-obsessed. Guilty. I happen to feel that if people were always as humble, dutiful, giving, and straightforward as dogs, the world would be a better place. Here, in no particular order, are five books about dogs, fiction and nonfiction, that have charmed me over the years.

THE ART OF RACING IN THE RAIN BY GADTH STEIN

From what I'd heard about this novel. I didn't want to like it. For one thing, reincarnation plays a role in the endgame, which I was pretty sure would be hokey as hell. For another thing, I suspected the dog's voice would strike me as unbelievably wise. I was wrong, This is a fine story full of honest emo-

tion, which dares to say two things that are rarely said in



modern fiction, which is generally nihilistic or too hip to believe in anything beyond the ma-

with his literary muse Trivia terial. Those two things are: We have

souls, and the world is a mysterious place. This is a moving story about love, tragedy, commitment, humility, and redemption. It embraces the idea that life has dimensions we cannot see but that if we are honest with ourselves, we intuit every day of our lives.

CITY BY CLIFFORD D. SIMAK

Often science fiction is little concerned with characterization, favoring story and/or intriguing scientific speculations instead. Simak always wove complex and believable characters. In these eight tales, written in the 1940s and collected into a novel in 1952, Simak creates many strong characters.

but especially an endearing robot named Jenkins and, beginning in the third of the eight, a series of wonderful dogs, who by the end of the novel have inherited a world in which humankind no longer exists and is a legend on the way to becoming a myth.

MERLE'S DOOR BY TED KERASOTE

This is a wonderful, wonderful book about the love of a man for a dog and a dog for a man. It is rich with sentiment but never falls into centimentals ity. I am known to have no patience for books about dogs who are nortrayed as goofy screwups and agents of chaos, as these always strike me as exploitative nonsense written by clueless people who were themselves the causes of their dogs' neuroses. Mr. Kerasote understands his dog, Merle, the depth of canine intelligence, and the beauty of the canine heart. He is also not afraid to write of his own feelings with a tenderness that is at once masculine and universal. Perhaps the best memoir of a dog ever written.

DOGS & DEVOTION BY THE MONKS OF NEW SKETE

The monks breed and train German shepherds and have written several bestselling books about them. This excellent little book takes such qualities of a dog as playfulness, humility, and fidelity and, with a picture matched with fewer than 100 words per topic, invites the reader to meditate on the virtues of dogs and what we can learn from them. Not heavy intellectual stuff but simple, true, touching.

PUKKA: THE PUP AFTER MERLE

BY TED KERASOTE

Revelation: I don't know Ted Kerasote. but he did give a favorable review of my memoir of Trixie, A Big Little Life, which delighted me because I so like the two books of his I have listed here. I assure you. I can't be bought for a good review. I can't even be rented. Pukka was published in 2010, and for a beautifully produced book rich in color and photography, its \$18.95 price is an unbelievable bargain. The photographs are some of the most charming dog shots and most arresting nature photos I've ever seen. and by the time you've paged through it over and over (which you will do), you have come to know Pukka and to have glimpsed Kerasote's life as well. It's a window into another life that looks highly appealing, but it also captures the adventure of puppyhood and the joy in life that does know and can teach us.

Dean Koontz's books, published in 38 languages, have sold over 450 million copies worldwide. He and his wife, Gerda, are major contributors to Canine Companions for Independence, a charity that provides highly trained assistance dogs for children and adults with disabilities, free of charge.



ROMA ON HER ADORED MASTER, STEVE MADDEN

ear That Guy,
You know that ratty old black
and white chair by the window
near the TV? The one you pulled out
of the Dumpster by the hotel the
week after you graduated from college because you were living in a studio apartment and after paying rent
had no money for furniture? That
chair is magic. If I sit on it, you come
back. Always.

Every time it's the same. You say goodbye to me at the back door, play with my floppy ears, and say, "Roma, you stay. Stay. Be a good dog, and I'll see you soon." I love that. By the time you're pedaling that old white mountain bike up the dirt driveway, I'm already

at the other end of the house, perched in the chair and watching you ride away. You look back and wave. I know I look sad But I'm a hound dog. I always look sad. Sad and hot. Harried too. But I have it pretty good here. I sleep in the chair. And that old guy comes at lunch and lets me out and throws a stick for me, and he usually slips me some jerky. Sometimes he sits in the house and talks to Martha, even though there's nobody else here. Sometimes he falls asleep in the other chair. I think he used to live here.

I used to think the type of bag you took with you dictated when you'd be back. When you have that leather bag with the brass buckle, you come bad in time to feed me dinner and take me on a walk in the woods behind the house, down near the fern bed where you found me a few years ago. When you have that little green bag.

you come back in an hour or two, and you're wet and smell like chlorine and are too tired to do much of anything but sit on the norch and flip a ball out into the vard for me. My favorite is the blue backnack because that means we're hitting the trail behind the house and might walk through the woods and gorges all day long. although sometimes that makes my paws hurt and means I won't leave the magic chair for a long time. My least favorite is the giant red and black bag you dump all that camping and climbing equipment in. That means you're going to be gone for a long time, and sometimes it seems like no matter how long I sit in the chair, you'll never come back.

But here's the thing: You always do. You come back, and I bark and run in circles and jump up on you. And you get down on the rug and roll around with me and I lick your face, and you don't mind, and you tell me to sit, which I kind of hate but never told you, and you give me a Milk-Bone, which I love and you definitely know. Dogs can't smile, but humans can. And you smile when you see me. And the dark things in the middle of your eyes get big. Know what? You love me.

But not as much as I love you. And not just because you gave me a warm place to sleep and yummy food and because when you reach out a hand, it's to stroke my head, not to hit me the way the people who dumped me by the fern bed did, but because you let me love you, and you love me back.

And when you say you'll come back, you always do.

Love always, Roma

Roma died on Christmas, 1999. Steve Madden had no dog until Fenway the beagle moved in this year.





The Valey Haley Who Wouldn't Out By ALEX HALEY

FROM OUR MARCH 1963 ISSUE

This story was first published in Reader's Digest at the height of the civil rights movement, the same year that Martin Luther King, Jr., gave his "I Hove gave his "I Hove Dream" speech.

Readers
Digos
Digo

Dream" speech.
It recounts
events in the life
of George Haley
that occurred at
an even earlier
time in America

offensive language. We have retained that language in the interest of historical accuracy and to preserve the integrity and intent of the author's original version. n low tones, the dean was explaining to a prospective law student the conduct expected of him. "We have fixed up a room in the basement for you to stay in between classes. You are not to wander about the campus. Books will be sent down to you from the law library. Bring sandwiches and eat lunch in your room. Always enter and leave the university by the back route I have traced on this map."

The dean felt no hostility toward this young man; along with the majority of the faculty and the trustees, he had approved the admission of 24-year-old George Haley to the University of Arkansas School of Law. But it was 1949, and this young Army Air Forces veteran was a Negro. The dean stressed that the key to avoiding violence in this Southern school was maximum isolation.

George was dismayed at the pattern of life laid out for him. He might have entered Harvard Law School, where he would not have had to live the life of a pariah. Yet he had chosen this!

A letter from his father had determined him. During his last semester a Morehouse College in Atlanta, he had opened the letter to read: "Segregation won't end until we open beachheads wherever it exists. The governor of Arkansas and educational officials have decided upon a quiet tryout of university integration. You have the needed scholastic record and temperament, and I understand that Arkansas has one of the South's best law schools. I can arrange your admission if you accept this challenge.

George had great love and respect for his father, a college professor and pioneer in Negro education. He accepted the challenge.

The first day of school, he went quickly to his basement room, put his sandwich on the table, and started upstairs for class. He found himself moving through wave upon wave of white faces that all mirrored the same emotions—shock, disbelief, then choking, inarticulate rage. The lecture room was buzzing with con-

Digest

TABLET BONUS Download our iPad or Kindle Fire app to watch an interview with George Haley and to hear him read some of the many letters he received about his story. VETERAN Haley, with grandmother Cynthia Palmer (right), was drafted in 1943 and seasoned by three years in the armed forces before going to college and law school at 24 (below).



versation, but as he stepped through the door there was silence. He looked for his seat. It was on the side between the other students and the instructor. When the lecture began, he tried desperately to concentrate on what the professor was saying, but the hate in that room seeped into his conscience and obliterated thought.

On the second day, he was greeted with open taunts and threats: "You, nigger, what are you doing here?" "Hey, nigger, go back to Africa." He tried not to hear; to walk with an even pace, with dignity.

The students devised new ways to



harass him. Mornings when he came to his basement room, he found obscene and threatening notes shoved under the door. The trips from the campus back to his rented room in town became a test of nerve. One afternoon, at an intersection, a car full of students slowed down and waved him across. But the moment he stepped in front of the car they gunned the engine. making him scramble back and fall to his hands and knees in the gutter. As the car sped away he heard mocking laughter and the shouted taunt, "Hey, missing link, why don't you walk on your hind legs?"

His basement room was near the editorial offices of the Law Review, a publication written and edited by 12 top honor students of the senior class. He had heard of their bitterns that he had to share their toilet. One afternoon his door flew open, and he whiteled around to catch in the face a paper bag of urine. After this incident, he was offered a key to the faculty toilet; he refused it. Instead, he denied himself liquids during the day and used no toilet.

He began to worry that his passive acceptance of degrading treatment might be destroying him, killing something of his manhood. Wouldn't it he better for him to hate back to fight back? He took his problems to his father and brother in long, agonized letters. His father answered "Always remember that they act the way they do out of fear. They are afraid that your presence at the university will somehow hurt it, and thus their own education and chance in life. Be patient with them. Give them a chance to know you and to understand that you are no threat."

The day after this letter arrived, George found a noose dangling in the basement room.

His brother wrote, "I know it is hard, but try to remember that all our people are with you in thought and prayer." George read this with a wry smile. He wondered what his brother would say if he knew how the town Negroes uneasily avoided him. They knew he walked the thin edge of violence, and they didn't want to be near if an explosion occurred. Only a few gave him encouragement. A church deacon proffered a rumpled dolly bill to help with expenses, saying, "I work nights, son. Walkin' home I see your studyin' likt."

Despite his "studyin' light," George barely passed the first semester exams. His trouble was that in class he couldn't really think; all his nerve endings were alert to the hate that surrounded him. So the second semester, using a semi-shorthand he had learned in the Army Air Forces, George laboriously recorded every word his professors said. Then at night he blotted out the day's harassments and studied the lectures until he could almost recite heme.

By the end of the year George had lost over 28 pounds, and he went into the examinations exhausted, both physically and emotionally. Somehow he finished them without collapsing, but he had flunked, he thought. He had done his best, and now he could honorable leave. Some other Negro would have

(I CAN SEE THE STRUGGLE THEY GO THROUGH JUST TO SEE ME AS AN EQUAL HUMAN BEING," HE WROTE.

to do what he failed to do, some other man stronger and smarter.

The afternoon the marks were due, he went to his basement room, dropped into the chair, and put his head on the table. There was a knock on his door and he called, "Come in!" He could hardly believe what he saw. Into the room filed four of his classmates, smiling at him. One said, "The marks were just posted and you made

the highest A. We thought you'd want to know." Then, embarrassed, they backed out of the room.

For a moment he was stunned, but then a turmoil of emotion flooded through him. Mostly he felt relief that he didn't have to report failure to his father and friends.

When George Haley returned for his next semester at Arkansas, there was a sharp decrease in the hate mail under his door, and there was grudging respect for his scholastic accomplishments. But still, wherever he went, eyes looked at him as if he were a creature from a zoo.

One day a letter arrived: "We are having a 'Race-Relations Sunday' and would enjoy having you join our discussion." It was signed by the secretary of the Westminster Presbyterian

> Student Foundation. His first reaction was anger. They wanted to discuss, did they? Where had all these do-gooders been all the time he'd been going

through hell? Bitterly he tore up the invitation and threw it in the waste-basket. But that night he tossed rest-lessly. At last he got out of bed and wrote an acceptance.

At the church, he was met by a group of young men and women. There were the too-hasty hand-clasps and the too-bright smiles. At last the chairman stood up to introduce George. He said, "We hope that

Mr. Haley will tell us what we can do as a Christian body ..."

George got to his feet and moved stonily to the podium. Those introductory words released something of a maelstrom of emotions. He forgot his carefully prepared speech. "What can you do?" he burted out. "You can speak to me!"

Suddenly, all that had been dammed up came pouring out. He told thew hat it was like to be treated like an enemy in your own country; what it did to the spirit to be hounded for no crime save that of skin color; what it did to the soul to begin to believe that Christ's teachings had no validity in this world. "I've begun to hate;" he confessed. "I've drawn on every spiritual resource I have to fight off this hatred, but I'm failing." His eyes flooded with tears of anger, then of shame. He groped for his chair.

The silence vanished in a roar of applause and cheers. When the chairman's gavel finally restored order, George was unanimously voted a member of the group. Therafter he spent a part of each weekend at Westminster House, enjoying the simple pleasure of human companionship.

A slight thaw also began to take place at the university. George's classmates gingerly began moments of shoptalk with him, discussing cases. One day he overheard a group discussing a legal point, and one of them said, "Let's go down and ask Haley in the Noose Room." He knew only a moment of indignation—then

he smiled! It was an important change.

Toward the end of his second year a senior asked him, with elaborate casualness, why he didn't write some articles for the Law Review. It was traditional that only the best students received such invitations, and he felt himself flushing with pride.

It was only after he returned to school for the third and final year that he decided to go to the cafeteria. He didn't really want to go. In this last year he longed to relax, to let down his guard. But he was in this school for more than an education

He went and stood in the cafeteria line. The other students moved away from him in both directions so that he moved in his own private air space. His tray was almost loaded when three hulking students ahead shouted, "Want to ear with us, nivoer?"

They jostled him, knocking his tray to the floor with a clatter of breaking dishes. As George stooped to retrieve it, his eyes blazed up at his tormentors and for the first time he shouted back. "You're adults!" he said. "Grow up!" They shrank from him in mock terror.

They shrank from him in mock terror. Shaking, George replaced the dumped food and made his way over to a vacant table. He bent his head over the crockery. Suddenly, a balding student stopped beside him with his tray and drawled, "My name is Miller Williams. Mind if I sit here?" George nodded. Now the two of them were the center of all eyes. Now the taunts were directed at the white student, the words "nigger lover."

Miller Williams was hardly that. "I

was born in Hoxie, Arkansas," he said, "and I have spent all my life in the South. But what's happening here just isn't right, and I'm taking my stand with you."

Later that day, Williams brought several students to George's room for a bull session, and they laid it on the line. "Don't all you niggers carry knives?" George emptied his pockets—no knife. "How often do you bathe?" Every day, George told him. "Don't most of you lust after white girls?" George showed him snapshots of a pretty Negro girl he was dating in his hometown.

Following this session, he wrote his bother: "Improving race relations is at least 50 percent a matter of simple communication. Now that I'm able to talk to a few whites, I realize what terrible beliefs cause that prejudice. I can see the emotional struggle they are going through just to see me as an eoual human beine."

Increasingly the last year became a time of triumph, not only for George but for white students who were able to discard their own preconceptions. When a student sidled up to him and said, 'I wrote you a letter I'm sorry for,' George stuck out his hand and the student shook it. When another sielletly offered him a cigarette, George, who didn't smoke, puffed away, knowing it was far more than a gesture.

He was named to the Law Review staff, and his writing won an award from the Arkansas Law Review Corp. His winning paper represented the university in a national competition. The faculty chose him as a moother than the control of th



court defense attorney, and his Law Review colleagues picked him as comments editor—the man entrusted with the selection of articles to print.

School Was drawing to a close, and he felt a deep satisfaction in having accomplished most of his goals. But then the old specter rose again. Each year, distinguished alumni returned for a faculty banquet to salute the Law Review staff. With a sinking feeling, George dreaded what would happen. And that evening when George entered the hotel banquet hall, the reaction was just what he feared. The moment the alumni saw him, a pal fell on the room.

George felt sick. The food passed his lips untasted. It came time for speeches. The law school dean, Robert A. Leflar, welcomed the alumni and introduced the student editors, one at a time. There seemed an eternity of names, and George felt a frozen smile on his face.

HALEY TODAY

It's hard to believe that anyone ever hated George Haley. Fit and dapper at 87, he has a ready smile and a warm, open manner. He can tell a ioke, and he has a treasure trove of stories to share from his long career, which included a stint as U.S. ambassador to Gambia. The walls of his home in Silver Spring, Maryland, where he lives with Doris, his wife of 58 years, are lined with photos and documents attesting to his achievements, including pictures of Haley with Martin Luther King, Jr., whom he met in college and remained friends with until King's death. In his home office. Haley recalled life as one of the first black students at his Southern law school and as someone hated for no other reason than the color of his skin. There was pain. but he was strong and didn't let it change him. "I wasn't scarred at all." he said. And that may be the most extraordinary thing about a most extraordinary man. David Noonan

Dean Leflar said, "The next young man demands, and receives, as much if not more respect than any other person in our law school."

Eleven chairs scraped back, and II men stood up. They were the Law Review editors, and they were looking at George and applauding vigorously. Then the faculty stood up and added cheers to the applause. Finally the old grads got up, the judges, lawyand politicians from the Deep South,

and the ovation became thunderous. "Speech! Speech!" they shouted. George Haley pushed himself to his feet. He could say no word for he was unashamedly crying. But that was kind of a speech too.

Today, ten years later, George is a respected lawyer in Kansas City, Kansas. He has been deputy city attorney since 1955. He is a steward in his church, has helped found a number of Negro business firms, and is vice president of the state Young Republicans.

Dozens of old schoolmates are now George's close friends, but perhaps the most touching acceptance of him as a man came a few years ago when he received a telphone call from Miller Williams, who had sat with him in the cafeteria. Williams, now an instructor of English at Louisiana State University, called to announce the birth of a daughter. "Lucy and I were wondering," he said, "whether you'd care to be her sodfather?"

This simple request made forever real the love and respect between two people. George knew that the long struggle and pain had been worthwhile. He knew, too, that his father had been right in saying, "Be patient with them. Give them a chance to know you."

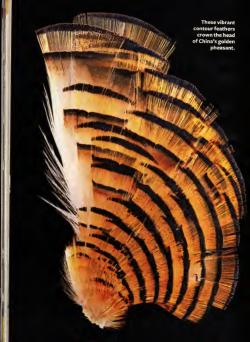
I know it too. For I am George's brother.

Alex Haley's Pulitzer Prize-winning book, Roots, began as a Reader's Digest assignment. A contributor to the magazine for nearly 40 years, he died in 1992 at age 70.

eather fancy

Quills, plumes, bristles, down: Birds have the best outerwear on earth. A look at its magnificent variety and function.









ost of us don't spend a lot of time thinking about feathers, but conservation biologist Thor Hanson does-and thinks we take these natural marvels for granted. This self-confessed feather fanatic lists the lightweights' strengths: Depending on type, feathers are amazing insulation, they're waterproof, their airfoil structure is a model of aeronautical engineering, and, oh yes, they're beautiful. That's why we stuff them in our parkas and stick them in our hats, while physicists and engineers continue to try to crack their secrets. Hanson, the author of-what else?-Feathers, adds. "They cross that imaginary but significant boundary we erect between the natural world and the human world. Feathers are on birds outside your window. but they're also in your house. They're in your feather duster or your pillow, unchanged from how they are in nature. You're never far from a feather."

A peacock feather (above left) "has been adapted for display," says biologist Thor Hanson, "It's not waterproof or flight-friendly, It's just to look sexy." The red-crested turaco (feather. above right) is no slouch in the looks department either: These African redheads have green bodies.





Fly fishermen covet feathers from the grey junglefowl (India).



HOT, THIRSTY. LOSSI

THREE WOMEN TOOK
A DRIVE TO DEATH VALLEY FOR
A DAY OF EXPLORING.
THREE DAYS AND 300 MILES
LATER, THEY WERE OUT OF
GAS—AND HOPE.

BY KENNETH MILLER HOTOGRAPHED BY TOM SPITZ eath Valley, the 3,000square-mile sprawl of sand dunes and arid mountains along

California's southeastern border, is the hottest, driest place in North America. Temperatures soar into the triple digits from June through September. Annual rainfall averages 2.5 inches; most months, there's none at all. Though nearly a million tourists visit each year, few venture into the valley during the summer, when the sun is at its most brustle.

AFTER TEN MORE MILES, GINA REALIZED THEY'D TAKEN A WRONG TURN.

Like most of her neighbors in Pahrump, Nevada—a dusty town of 36,000, just 60 miles from the entrance to Death Valley National Park—Donna Cooper had driven through the valley many times. But one Thursday morning in July 2010, the 62-year-old retiree decided to explore a corner of the park she'd never visited: Scotty's Castle, a Spanish-style mansion built in the 1920s. Her

daughter Gina, 17, and Donna's friend and houseguest from Hong Kong, Jenny Leung, 19, joined her.

The trio arrived at the mansion around 1 pm. and spent two hours touring the place. As they left the parking lot on the way home, the saw a sign for the Racetrack—a dry lake bed, where shifting boulders have left skid marks in the cracked mud. "Ive always wanted to check that out," Donna said.

The other two women went along with the idea. Gina, who was driving, pointed their Hyundai west on Route 267, then turned south on a dirt road.

The temperature outside the tiny car was over 125 degrees. After about an hour, they reached an intersection, but the sign indicating the way

to the Race-

track was unclear. Gina turned left. After ten more miles, she realized she'd made a wrong turn. She tried to reverse course, but they were soon climbing into the high country.

Donna consulted the road atlas, but its map of Death Valley showed only the park's main roads. "Let's ask Nell how to get back to Scotty's Castle," she said, referring to the GPS device she'd named after her mother.



Donna took the wheel and followed the machine's instructions. "Drive \$50 feet, then turn right on unnamed road," Nell commanded in a voice brimming with digital certainty. "Turn left, then drive one mile. Turn right. Turn left. Recalculating. Drive five miles, then make a U-turn."

ravelers have been losing their way in Death Valley often fatally—since 1849, when pioneers began using it as a shortcut to California's gold fields. Recently, growing numbers have been led astray by GPS devices, whose databases for remote areas such as Death Valley may include maps that haven't been updated for decades. As Donna drove in loops and zigzags on unmarked roads that grew ever narrower and rockier, Gina's head throbbed; nausea set in.

"I want to go home," Gina moaned.
"Stop being so immature," Donna snapped.

In the front seat, Jenny struggled not to cry. Since arriving in the United States in May, she'd enjoyed traveling with Donna to Florida, the Grand Canyon, San Francisco, and Los Angeles. This, however, was

Long, Winding Road

The wrong turn at Teakettle Junction marked the beginning of the group's 200-mile, 52-hour odyssey in Death Valley National Park. They meandered south, then northwest along the edge of the park before being rescued.



more adventure than she wanted. Though the car was air-conditioned, her lips had become painfully dry. But three of the four 16-ounce bottles of water they'd brought along were already empty, and she couldn't bring herself to touch the last one. When Donna handed her the bottle, Jenny pretended to take a swig.

"Cut that out," Donna said sternly.
"You've got to drink your share."

Jenny took a sip and swished it in her mouth for a long time before she swallowed.

As they drove on, the shadows lengthened, but the heat barely diminished. Outside the car, sand, scrub, and rubble stretched for miles around. At intervals, all three women tried calling 911 on their cell phones. No reception. Donna took inventory: Besides the remaining water.

they had two apples, what was left of a bag of chips, and some cookies. The hatchback's cargo hold contained blankets, sweaters, extra shoes. a tool kit.

and a first-aid kit. There was still more than a quarter tank of gas.

Donna inhaled deeply, then exhaled the fear that had been building inside her. She'd survived worse fixes than this—including a serious accident in her 20s that had left her hospitalized for weeks and a near-fatal intestinal lilness in Haiti earlier that year. She and her husband had raised eight children. Now, she knew, two young lives were depending on her to get them out of the desert alive.

Around 8 p.m., Nell's robotic voice led them into a rock-rimmed dead end. Gina spotted a faint trail leading into the brush, and they followed it downhill to a smoother dirt road. As they rounded a bend, past a mostly dried-up salt lake shimmering in the sunset, they noticed a sign of civilization—a mailbox. Inside, Donna found a crinkled, handwritten note: "Sorry we missed you," it tead. Farther along was a wire fence, a padlocked gate, and an isolated stand of trees.

"Let's see if anybody's back there," Gina said.

"We're on a good road now. We're

"WE'RE ON A GOOD ROAD NOW," SAID DONNA. "WE'RE GOING TO FIND OUR WAY OUT."

going to find our way out."

Following Nell's instructions, Donna kept to the road as it rose into the barren mountains. As they gained altitude, Gina glanced back at where they'd come from. Behind the trees, she thought she saw some kind of habitation. But night was falling, and they'd gone too far to turn around. At home in Pahrump, Charlene

Dean, an old friend of Donna's and a reporter for a local newspaper, wasn't worried when Donna and the girls didn't show up for dinner. Dean, 51, was boarding with the Coopers in exchange for house-sitting when they were out of town. She'd known Donna long enough to assume that her friend had changed her plans.

DONNA AND JENNY USED STONES TO WRITE "HELP" ON A PATCH OF FLAT GROUND.

Donna's husband, Rodger, 62, was in North Port, Florida, visiting their daughter Sky. He, too, was used to Donna's independent ways. But Sky, a 21-year-old nursing home aide, had undergone gallbladder surgery that afternoon, and she couldn't get in touch. "Something's wrong." she kert savine.

onna drove until the gas gauge read empty, then pulled over. It was 10 p.m., and the odometer indicated they'd covered more than 200 miles since leaving Scotty's Castle. Huge boulders loomed beside the car. The black sky blazed with stars.

"Looks like we'll be camping," Donna said.

"Are there wild animals here?" asked Jenny, her voice quavering.

"Mountain lions. Bears," Donna replied. "Roll up the windows."

The girls did as they were told. Donna passed around the last of the food, and they took a swallow apiece of their nearly depleted water. Then, with blankets they dug out of the back, they tried to sleep. Gina dropped off quickly, but Jenny was

worried about wildlife, and Donna fretted about a boulder flattening the car. Both agonized about the next day. "Don't be scared," Donna

said, as she and Jenny sat staring into the darkness. "We just need a plan." A long silence followed

At 6 a.m. Friday morning, the rising sun revealed that they were parked high above the valley, in a sparse grove of pines. Beside the road was a drop of several hundred feet. Donna tried starting the car, but the engine wouldn't turn over.

"We have to get someone to see us," Gina said. Donna and Jenny used stones to write HELP on a patch of flat ground. Gina built a fire pit, piling it full of branches and pamphlets from Scotty's Castle. But when she pressed the car's cigarette lighter to the kindling, it just smoldered.

In the distance, the women saw an airplane. Gina grabbed a CD and used it as a signal mirror, while Jenny waved a yellow emergency blanket. That



plane—and several more after it—flew on. Around II a.m., after they'd finished up off the bottle of water, Gina hiked up the winding road for two miles, past a cluster of long-abandoned campsites, to where the trees thinned out. She gazed out over the landscape: nothing but desert.

Back at the car, Donna was peeling cacti with her jackhnife. She'd read that one variety contained drinkable liquid—but as she and Jenny extracted the sticky pulp, they realized this one wasn't it. Next, they gathered pine needles to chew; Donna knew they contained moisture and some nutrients. The two were digging for cactus roots as Gina returned.

"We've got to go back to that place where we stopped yesterday," she said.

"How are we going to do that?"

Donna asked. "The car won't start."

"Let's try it again," Gina suggested. Donna said a silent prayer, then

turned the key. The engine roared to life, startling them all, and they took off down the mountainside. Donna stomped on the accelerator at each dip in the road, so that they'd have enough momentum to make it up the next rise:

if they stalled, she knew, it'd be over for them. Five, ten, 20, 30 miles—they were in the flats now and turning left onto the road by the salt lake. The locked gate finally came into view, and the women burst into excited screams: Here, at least, was a chance at shelter.

They left the car and ducked under the wire fence, the ground burning through their sneaker soles as they walked up the long driveway. As they walked up the long driveway. As they saw three trailers clustered around a free standing wooden porch. They called out, but no one answered. The trailers were all locked. But behind the largest one, Donna found something incredible—a garden hose attached to a spigot. The water was hot, but the trio gulped it greedily. Then they lay down for a nan on the porch.

When they awoke, Gina fetched the tool kit from the car. She un-screwed the hinges on the big trailer but couldn't get the door open. Using a crowbar, she pried a padlock off one of the smaller trailers. Inside, they found a few cans of chilii and beans, some packets of instant ramen and cranberry oatmeal, half abox of spaghetti. There were also eight half-cases of beer. The food would last only a couple of days, Donna figured, but the beer could sustain them for two weeks—assuming they survived the heat.

The air inside the trailer was furnace-like, so they pulled the mattresses from the two bunks and laid them on the porch, where it was slightly cooler. Donna opened the

beans and chili, and everyone sat down to eat. Then they found a collection of jars and bottles in a trash bin and began filling them with water in case the hose ran dry.

n Florida, after arriving home from the hospital that morning Sky tried calling Donna's phone. only to be routed to voice mail She checked her mother's Facebook page: no updates. Then she checked Donna's credit card account. The last charges were on Thursday at 1 p.m. when Donna bought three tickets to Scotty's Castle, Sky called Charlene Dean, who said she hadn't heard from Donna either. That evening, she called the supermarket where Gina worked as a courtesy clerk, Gina's shift had started at 4 p.m. Nevada time. "She hasn't punched in," Sky was told. Her father grimaced as Sky hung up the phone, "Now I'm worried," Rodger said.

Sky phoned Charlene again, and the two called the sheriff's departments in several counties, the California Highway Patrol, and the ranger station at Death Valley National Park. But the authorities said it was too late in the day to mount a full search.

At nightfall, Gina lit a signal fire, using matches from the trailer kitchen and logs she found stacked in the yard. Then the women bedded down on the porch. The heat on the valley floor was so intense that they had to get up every 15 minutes to douse themselves with water.

As morning approached, Donna and

Jenny walked out to the road and made a cross in the dirt with tree branches. They wrote, HELP, CALL POLICE in the dust coating the car.

The women then broke into the big trailer, finding little of use. Next, Gina pried open a window on the smallest trailer, and Jenny crawled inside. There, on a table, was a CB radio. But after hauling it out, along with the antenna, and hooking it up to the car battery, there was only static when Jenny twirled the dial. After ten minutes. the static died out too.

es, the static field out too.

Gina was ready to weep. But her mother had a better idea: "Let's get cleaned up."

Jenny and Donna took baths first, filling the tub in the first trailer with wa-

ter from outside. Around 5 p.m., it was Gina's turn. Donna washed Gina's hair, her hands firm on her dauehter's scaln.

Gina thought she heard screaming. It was Jenny.

"Come out!" she was yelling. "Come out!"

Donna ran outside, and Gina—pulling on her clothes without drying off-followed. Jenny was waving the yellow emergency blanket madly, A deafening racket came from the sky. A helicopter marked California Highway Patrol was slowly circling. They'd been found!

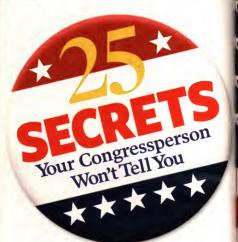
After landing, the pilots, who were also EMTs, checked the women's vital signs and gave them as much fresh water as they could guzzle. "We water as they could guzzle of dead and fly back to base," one of the men said. The women appeared healthy, so the pilots offered them two options: to board the helicopter, one by one, and be flown to Lone Pine, the nearest town, or to wait for a backcountry campground operator to bring a can of gas and give them directions to the highway. They chose the latter.

After the park official showed up, they filled their tank, thanked their rescuers, and drove away into the night. This time, they knew where they were going.

You could say that getting lost gave Gina and Jenny some direction. In-

"WE WERE ABOUT TO GIVE YOU UP FOR DEAD," SAID ONE OF THE HELICOPTER PILOTS.

spired by a conversation with one of the helicopter rescuers, Gina decided to enroll in nursing school. Jenny went back to Hong Kong shortly after the ordeal but returned to the United States to live with the Coopers and attend a local college. And Donna remains undaunted by that wide swath of desert in her back-yard. "Never for a second," she says, "did I doubt that we would make it out of there."



Do your calls and e-mails matter?
Do lobbyists run the country? Is fund-raising more important than governing?

What Washington insiders don't talk about.

BY MICHELLE CROUCH





porting an almost inconceivably low 10 percent approval rangi, the U.S. Congress is the Rodney Dangerfield of legislative bodies—it can't get no respect. But is the bad rap deserved? We invited 22 current and former members of Congress, plus a handful of aides, to give us straight talk about how things really work in these hallowed halls.

LIFE ON THE HILL

"The first time you go into the Cabinet room for a meeting with the president, it's extremely exhilarating. Regardless of your party, regardless of your ideology or how much you agree with him on policy, being with the president of the United States the leader of the free world—it just doesn't get any better than that."

who served from 1995 to 2011

- 2 "I spend exactly a third of my time in Washington, a third of my time in Iowa, and a third of my time traveling. How do I know that? At one point, I bought three packages of deodorant: one for D.C., one for Iowa, and one for my traveling kit. They all ran out the same week."

 Rep. Steve King (8-40)
- 3"It's a constant juggling act with your family. My daughter addressed a school assembly not long ago. I wanted to be there because she worked really hard on the speech, but we had a vote that went lade and I missed it. She has had to sit through God-knows-how-many of my speeches, so that one really hit home."

Rep. Joe Courtney (D-CT)

1 One thing that surprised me was bow much walking is involved. If I have a vote, it's a quarter mile over to the floor and a quarter mile away when I'm invited to meetings hosted by senators, it's three quarters of a mile back. For the first few weeks, my feet were absolutely killing me. Then I noticed everyone was wearing Rockports or other soft-soled shoes, not dress shoes. That's what you have to wear."

Rep. John Garner (DED)

5 "Like a lot of congresspeople, I sleep in my office, either on the floor on a blow-up mattress or my couch. I cook in a little place across the hall that's for storage, and I've got a deep-dish electric skillet, a Crock-Pot, a blender, a fridge, and a microwave. I do the dishes in the bathroom sink." **Rep. Paul Gosar (**AZ*)

6 "It used to be that members of Congress would buy a place in Washington when they got elected. Now they all get on a plane and head to their districts. That's part of the reason there's more partisanship."

(D-MA), who served from 1993 to 2007 and is now chancellor of the University of Massachusetts Lowell

Who We Are

7 "We're supposed to be a rarpresentative democracy—but our Congress is not very representative. The average age in the House is 57; the average age in the Senate is even higher, and it's mostly wealthy white men. There's no one under 30, yet almost all the people giving blood for our freedoms are under 30."

Former representative Zach Wamp

8 "Most of the staffers on the Hill are in their early- or mid-20s. It might mortify the American public, but those are really the people running the country."

Amy Ellsworth, a former congressional aide 9 "When you vote, you're often choosing a congressperson for life. Maybe it's not what you intend, but the districts are so gerrymandered, that's essentially what you're doing. Most members of Congress leave only when they retire, they die, or they run for higher office."

Former representative Alan Grayson (D-FL), who served from 2009 to 2011

POWER OF THE PEOPLE

10 "Your calls and e-mails do matter, probably more than you think. We have a system to track every call and e-mail and how many people are for or against something. Before they go to the floor to vote, members ask for those numbers."

A former senior congressional aide for two GOP House members

The "Never, ever indicate that you are disappointed to be meeting with a staff person. People get fixated on meeting with a member of Congress, but even if you do, if's going to be a grip-and-grin. Having a good relationship with a staff person can make or break your cause." Stephante vance.

former Capitol Hill chief of staff and author of The Influence Game: 50 Insider Tactics from the Washington, D.C., Lobbying World That Will Get You to Yes The best place to talk to a congressperson is back in his or her district or state. In D.C., your staff can say you're in a committee meeting or on the floor voting. And when you do meet with someone, you can rush off, saying you have pressing business. That's not as easy to do back home."

Former representative Bob Edgar (D-PA), president and CEO of Common Cause, a government watchdog group

13 "Want a sense of how engaged and effective your member of Congress is? Go to thomas.loc. gov to see how many bills he or she has introduced and how many got passed. There are members in there who've gotten no bills passed for a decade." Former representate Man Grayson

MONEY & INFILIENCE

"I had [lobbying] groups physically tear up checks in front of my eves because they didn't like how I was going to vote."

Former representative Brian Baird (D-WA). who served from 1999 to 2011

"When you have a high-profile issue like a health-care bill. there are five or ten lobbyists per congressperson, and they have a tremendous amount of influence. In many cases, lobbyists write the bills." Former representative Alan Grayson

"Because it's against ethics regulations to make fund-raising calls from a congressional office. members go to some office off the Hill and sit there for hours calling potential contributors. It's time when they could be in committee hearings or taking part in debates or writing their own

legislation. They may not be on federal property, but we're still paying them to do this." Mike Lofgren, GOP congressional staffer for 28 years and author of The Party is Over

"If you're a prolific fund-raiser who brings millions of dollars to your party, you get elevated to a leadership position even if you're not an effective legislator and have no leadership skills. And boy, does that dumb down the process." Aformer congressman from the Southeast who served more than ten years

"We get invited to a lot of receptions sponsored by lobbyists, but ethics rules say that you can't sit down and you can't have a fork So the caterers set up standing tables and serve every food you can think of that you can stick with a toothpick."

Former representative Bob Inglis (R-SC), who served from 1003 to 1000 and again from 2000 to 2011

5 REASONS To Call Your Congressperson

Express your opinion.

They really do pay attention to how many people contact them for or against particular bills.

Get your passport

faster. They can expedite the process, especially if you have a travel emergency.

Book a offer private

special tour. Many offices tours of the Capitol, For the White House. call at least 30 days ahead.

Get help

with Social Security or veterans benefits. Members have special caseworkers who

can help you.

Find funding for a project. Most offices have someone who can assist

you with federal grant applications.

PARTY IS (ALMOST) EVERYTHING

"As soon as you get to Washington, whether you're a new Republican or a new Democrat, your party pulls you off into a retreat and brainwashes you that the No. I thing you can do is to defeat the other team. Everything they tell you is through a political prism: "What can we do to win?" Aformer congressmanfrom the Southeast whostered mere than ten years.

20 "When I was first elected to the Iowa Senate, I believed if I was right on principle, all I had to do was make a principled argument, and I'd sway people to my side. I tell people about that belief today, and they laugh at me." Rep. Steve King

21 "If you can see it on C-SPAN, it's probably not real. Most decision making takes place off camera.

On TV, we're really role-playing, not debating. We haven't had a real debate in a very long time." Rep. Jim Cooper (D-TN)

22 "Here's an observation: The women in Congress are more bipartisan than the men. The men in Congress have this baseball game they play for charity ... Republicans against Democrats. When women started a softball game for the same purpose, we decided to play together, with the media as our opnoment."

Former representative Kathy Dahlkemper (D-PA), who served from 2009 to 2011

23 "The fact is, on both sides of the aisle, most of the people [in Congress] are decent and incredibly hardworking and do their very best for their constituents."

Former representative Brian Baird

Good Times

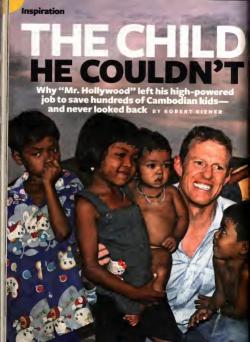
24 "The opportunities to make a difference in an instant are rare, but they do happen. We heard from Central American couple who had natural-born children. The mother was a legal resident studying to get her citizenship; the husband was in the country on asylum, working at a beef-packing plant. But he had missed a hearing and was up for deportation. If they deport him, the family loses their breadwinner, their health insurance, the children have no father. It was a pretty long battle.

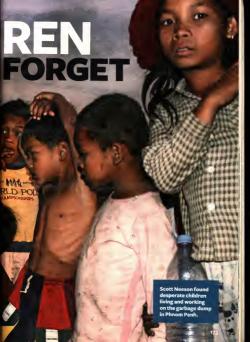
but I finally got him another hearing. Afterward, the whole family came to thank me.

I still carry a little handmade cowboy boot he presented to me."

Rep. Steve King

25 "There's always a way you can serve people as a congressperson; you don't havet od o it through a bill. You can do it by helping a 101-year-old woman evicted from a home find a place to live. That's what's really cool about this job." Rep. Hansen Clarks (D-M)





he first time I met Scott Neeson, he was standing on top of a 27-acre garbage dump on the outskirts of Phnom Penh, Cambodia, dressed in a torn T-shirt, well-worn trousers, and sturdy rubber boots. The tall, lean redhead turned and warned me to watch out for a hypodermic needle

near my foot. "Step on that and you could get hepatitis or AIDS," he said, explaining that while the dump contained the town's rubbish, hospitals were also discarding syringes, body parts, and even aborted fetuses here. The stench was overpowering: a mix of sulfur, rotting flesh, and excrement.

Neeson was greeting child scavengers who were scratching out a living by combing for recyclables. He addressed each child in Khmer, prepared to get medical help for any who'd been injured or beaten, both regular occurrences at the dump.

About 50 yards away, I saw a mother and two daughters lying under a plastic-and-cardboard shelter erected on top of trash.

"Are they taking a break?" I asked.
"No," Neeson said. "They live there."

As we walked, a few kids rushed up to Neeson and playfully shouted, "I want to study. Take me to school!" Neeson is well-known around here; as of this writing, he has rescued more than 1,200 children in and around Phnom Penh through the Cambodian Children's Fund, the charity he

founded. "It's heartbreaking," said Neeson, as he knelt and balanced a bright-eyed six-year-old on his knee. "I wish I could help every child."

The tale of how Scott Neeson came to be saving children left to live like rats among garbage reads like a movie script, an irony he can appreciate. In 2003, Neeson, then 44, was earning a million-dollar-plus salary as senior executive vice president of marketing at Sony Pictures; before that, he'd been at 20th Century Fox, where he'd overseen the release of Braveheart. Titanic, Star Wars, and X-Men, Dubbed Mr. Hollywood by the media, he worked and hung out with Mel Gibson. Tom Cruise, and Harrison Ford, lived in a Beverly Hills mansion, owned a 39-foot yacht, and drove a Porsche 911. Never married, he was often seen with a stunning girlfriend on his arm.



and after Neeson found her. Now 16, she plans to go to medical school.

Still, he told a trusted friend, "there has to be more to life than making movies."

That year, he set off for a five-week backpacking and motorcycling trip through Asia. "He'll be OK," everyone said. "He just needs to chill out." Neeson didn't intend to spend more than a few days in Phnom Penh, but he was so moved by the charm and grace of the people he met and so shocked by the poverty he saw that he canceled much of his cross-Asia trip and began exploring the city. After talking to a boy begging on the street,

he offered to support the child's family. He paid their rent, bought them

a refrigerator, and gave them money to send their children to school. Two weeks later, he discovered that the boy's parents had spent the money on gambling and drinking.

A Cambodian friend took him aside and said, "You're naive, Scott. Those people are using you." He advised Neeson to go to the notorious Steung Meanchey dump, home to the country's poorest. "There are children there who really need your help."

At the dump, Neeson spotted a







tiny child so covered in soot that he couldn't tell whether it was a boy or a girl. Through his translator, he learned that her name was Rithy, and she was 12. She told him she had never been to school. Another girl, Nich, nine, walked over and listened. Both smelled horrible. He asked the girls if he could meet their mothers, to whom he gave \$10 each. Then he arranged to meet them the following day.

The next afternoon, as he sat in a riverside café in the tourist district, two children approached his table. They were Rithy and Nich, so cleaned up that Neeson didn't recognize them. He promised their mothers \$50 a month if they sent both girls to school instead of making them work at the dump. They agreed.

As the girls happily ate ice cream for the first time in their lives—he asked himself, Is this all it takes to change the lives of two children?

Leaving Phnom Penh, Neeson looked out the airplane window and thought, I have so much. They have so little. He decided to come back for a few days each month, during his many international business trips.

Within seven months, Neeson had rented a building in Phnom Penh that



served as a live-in shelter, hired a small staff, and rescued 12 homeless children. He thought about moving permanently to Cambodia but was undecided. Then one day during a visit, his cell phone rang. It was a movie star and his agent, calling from a promotional tour Neeson was handling.

"Scott, we've got a problem," the agent said.

Neeson, who just that morning had learned that five of the children in his new shelter had typhoid, answered, "What's up?"

"The plane the studio chartered doesn't have the right sort of bottled water or the food we require," the agent said. "We're not getting on until this is resolved."

Then the star grabbed the phone and said, "Scott, my life is not supposed to be this difficult. Fix it."

That was the turning point. Shortly thereafter, Neeson said goodbye to Hollywood, as well as the Porsche, the yacht, the mansion, and the salary. In 2004, he started the Cambodian

In 2004, he started the Cambodian Children's Fund (CCF) with more than \$100,000 of his own money. To keep costs down, he slept on the couch in his small office.

At first, he planned to house, feed.

At inst, he planned to inouse, read and educate 45 children. By the end of the first year, he was working with almost 100 kids; a year later, 200. Today, CCF provides housing, food, clothing, health care, education, and vocational training to more than 1,200 children and employs 445 staffers. The kids go to public school (a half day, six days a week), supplemented by CCF's own schools, where they learn additional English and computer skills. The charity also has a nursery for babies and toddlers and a day care

HE ASKED HIMSELF, IS THIS ALL IT TAKES TO CHANGE THE LIVES OF TWO CHILDREN?







As a top movie executive, Neeson worked with Harrison Ford, Tom Cruise, and Mel Gibson (on the set

for around 200 kids who come from backgrounds of abuse and neglect.

Cruise, and Mel Gibson (on the of Braveheart).

The dump officially

closed in 2009 (trash is now disposed of outside the city), but the nearby shantytown remains home to more than 1,400 of Cambodia's most destitute families. With their sole source of income—picking for anything salable—lost, they are even more in need. Neeson visits almost daily, offering food and first aid.

Some people call Neeson a miracle worker. The Harvard School of Public Health honored him in 2007 as "a genuine profile in courage." But Neeson says he has only just begun—and if he misses Hollywood.

you'd never know it. "That's ancient history," he says. He does revisit his former hometown several times a year trying to raise the \$3.5 million he needs to run CCF annually, but after a week, he confesses, he's always itching to get back to Phnom Penh and what he terms "reality."

He is not fond of public speaking and usually lets the stories of "his kids" speak for themselves. For instance, there's 21-year-old Kunthea. orphaned at three, who had lived most of his life at the dump until Neeson found him at age 15. Now he's working as a chef at Phnom Penh's trendy Metro Café. He'd like to start his own restaurant.

Chanry was ten when Neeson found her. Now 16, she attends high school by day and teaches English every evening at one of the charity's schools near the garbage dump where she used to live. She plans to go to medical school.

Neeson's hope is that these kids will become tomorrow's leaders and problem solvers. He relates the story of a mother and child he met at the dump. Both had been horribly disfigured in an acid attack, and the mother had lost both eyes. She and her daughter were so ashamed to appear in public that they rarely left their ramshackle shed.

"The girl, Sri, was so badly disfigured that no school would take her," Neeson says. "I had no idea what I was going to do, but I promised I would get her an education."

That evening, two of CCF's older girls, 15 and 16, overheard Neeson telling a staffer about Sri and her mother. "It's not fair," they told him. "She deserves an education."

Neeson paused, then asked, "Well, what are you going to do about it?"

"I thought that would be the end of it," Neeson says. But the girls took it upon themselves to visit Sri and her mother, and they persuaded Sri to try school at CCF.

When Neeson visited the school, he saw one of the girls sitting on the floor in an English class with her arms wrapped around Sri. "I don't tear up often, but that got to me," he says.

"Sri's never alone. And we found some work for her mother. The greatest thing about this story is that all I did was tell our girls about the problem. They did the rest themselves," he says. "That's the light on the horizon! Ye been looking for—that these amazing kids will start to mend their own broken country."

For more about the Cambodian Children's Fund or to make a donation, go to cambodianchildrensfund.org.

CAMBODIA AT A GLANCE

Phnom Penh, Cambodia's capital (pop. 1.5 million), was flooded with refugees during the Vietnam War—as thousands tried to escape the fighting among Cambodian troops, the armies of North and South Vietnam, and the Communist Khmer Rouge.

In 1975, after the Khmer Rouge conquered Phnom Penh, the city's residents were evacuated and forced to work on rural farms. Many starved; others were tortured and executed. Nationwide, two million people died. In 1979, the Vietnamese ousted the Khmer Rouge and established a ten-year occupation.

Phnom Penh has enjoyed steady economic and urban growth since the 1990s—yet an estimated 30 percent of the population still live below the poverty line. Catitlin O'Connell

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Mini Excerpts & Reviews BY DAWN RAFFEL



THE ART OF LIVING

How Music Works by David Byrne (McSweeney's, \$32)

You can't touch music-it exists only at the moment it is being apprehended-and yet it can profoundly alter how we view the world and our place in it. Music can get us through difficult patches in our lives by changing not only how we feel about ourselves, but also how we feel about everything outside ourselves.

The former Talking Head opens our ears to the power of everything from African spiritual music to Mozart to punk to techno. Music appreciation class was never this delightful.



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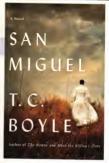
HISTORICAL NOVEL

San Miguel by T. C. Boyle (The Viking Press, \$27.95)

She was out on deck when the island hove into view ... and she saw it as a tan lump marbled with bands of the purest white, as if it were a well-aged cut of beef laid out on the broad blue plate of the ocean for her and inobody else.

Boyle's 14th novel chronicles two American families' lives—one in the 1880s, one in the 1930s—on an isolated island. The widely celebrated author used research about the island's real inhabitants to create a richly imagined and meticulously detailed work of fiction.





NOVEL

Telegraph Avenue by Michael Chabon (Harper, \$27.99)

A white boy rode flatfoot on a skateboard, towed along, hand to skateboard, towed along, hand to skateboard, towed along hand to skateboard, by a black boy pedaling a brakeless fixed-gear bike. Dark August morning, deep in the Flatlands. Hiss of tires. Granular unraveling of skateboard wheels against asphalt. Summertime Berkeley giving off her old-lady smell, nine different styles of iasmine and a squirt of he-cat.

Pulitzer winner Chabon (The Amazing Adventures of Kavalier & Clay) returns with trademark high-wattage prose in this epic about two friends, their wives, the threat to their livelihood, race relations, and a secret history.

RIOGRAPHY

Marie Curie and Her Daughters: The Private Lives of Science's First Family by Shelley Emiling (Palgrave Macmillan, \$26)

Letters ... reveal a mother who was always apologizing for missing her children's birthdays but was also so dead set on developing their minds that she constantly sent them complicated math problems to solve.

This intimate look at the physicist and her high-achieving daughters also illuminates the times in which they lived.



SHELLEY EMLING



NOVEL

Between Heaven and Here
by Susan Straight (McSweeney's, \$22)

He could hear the conversation he'd have with the cops when they came ... "Yeah, I know her, but from when we were kids ... No, I ain't seen her for years."

In this morally complex fiction, National Book Award finalist Straight asks us to look into corners of society we often fail to see. Here she writes about a murder in tough Rio Seco, California.

WAR STORY

Fobbit by David Abrams (Grove/Atlantic, \$15)

They were Fobbits because, at the core, they were nothing but marshmallow. Crack open their chests and in the space where their hearts should be beating with a warrior's courage and selfless regard, you'd find a pale, gooey center.

"Fobbit" was Iraq War slang for an Army employee avoiding combat. Abrams, who served for 20 years, including deployment in Iraq, has written a serious, self-skewering comedy.



A NOVEL

From the Page

TO THE STAGE

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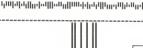
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Family Strides

When I was growing up. my mother encouraged me to run, but I started only when I recently joined my school's track team. Running has become a source of confidence that has changed my life-that is, until my mother became my track coach. I love the freedom and independence running gives me. But with Mom as my coach, I feel that my social life has been invaded and my independence has been taken awav. How do I resolve this?

Frustrated Daughter

Dear Frustrated,
Please excuse me for a moment
while I address your mother: "You're
a helicopter mom! Do you realize
that? Come in for a landing now if
you ever want your kid to learn to
fly." This calls for a heart-to-heart
talk with your mom. Tell her she's
crowding your social life and that
you feel smothered. Ask her to hand
her coaching job over to the assistant coach. Then invite her out for



a run, just the two of you. Enjoy sharing the sport you love with her in limited doses for now, but do share it. She's nowhere near ready to let you go, and you still need her.

A Stingy Invite?

I got an Invitation to my friend's birthday party, and the husband wanted everyone to pay his or her own way. I didn't go because it was two hours away, and with ravel expenses and a birthday gift, I couldn't afford it. I did send a gift and a cut But I thought that if you invited



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people to a party, you didn't make them pay. Thoughts? Annoved Guest

Dear Annoved.

I think it's not the most welcoming invitation, but it's certainly not out-of-bounds, especially in a tough economy. Look, the guy wanted to do something splashy for his wife and probably couldn't afford it, so he got creative and asked friends to pitch in. That's a good husband, You had the info. you had the option of saying no, and you reached out in your own way with a gift. I'd say everyone in this picture did the best with what he or she had for the birthday girl, and that is worth celebrating.

CALLING OUR WISE READERS!

Last month, more than 400 of you shared your advice. Go to rd.com/september to offer your opinion on this problem:

I recently caught my 74-year-old mom lying to me about matters that concern my adult daughter. I helieve she adds her own twist to the situation to create less concern on my part. It's as if she thinks that I won't have the right reaction to the truth. Do I confront my mother or let it go? Stuck in the Middle

Send questions about manners. parents, partners, or office politics to advice@rd.com. Sending gives us permission to edit and publish.

If You Own or Owned Land Under or Next to Railroad Rights of Way Where Fiber-Optic Cable Was Installed

You Could Receive Money from a Class Action Settlement

State-by-state Settlements have been reached in class action lawsuits challenging the installation of fiber-optic cable within railroad Rights of Way Under the Settlements, Sprint, Owest, WilTel, or Level 3 Communications (together called the "Defendants") will pay valid claims for persons in 24 states who own or owned land next to or under railroad Rights of Way where fiber-optic cable owned by Sprint, Owest, WilTel, or Level 3 Communications is buried

Who is included?

Class Members include current or previous owners of land next to or under a railroad Right of Way at any time since the cable was installed in the 24 states listed below

To find where the Rights of Way included in the Settlements are located and when fiber-ontic cable was installed in a particular Right of Way. visit www.FiberOpticSettlements.com. If you still have questions, call 1-800-378-1670.

What Are the Proposed Settlement Terms? Class Members who submit a valid claim will

- receive cash based on factors that include: (a) the length of the Right of Way where the cable is installed
- (b) the length of time they owned the property.
- (c) whether the Right of Way was created by a federal land grant

The Settlements provide Defendants with a permanent Telecommunications Easement. The Easement will grant any rights the Defendants don't already have to use the Rights of Way for Telecommunications Facilities.

What Are Class Member Rights?

- . If you stay in the Class, you will have an opportunity to claim cash benefits. You will be bound by the decisions of the Court. You can't sue Defendants or the railroads in the future for any claims in this lawsuit and a Telecommunications Easement will be granted on the railroad Right of Way next to or through your property. If you think you are a member of the Class, but did not receive a mailed notice call 1-800-378-1670
- You can exclude yourself from the Class. This means you cannot file a claim for cash benefits but will keep the right to sue the Defendants in the future
- · If you stay in the Class, you can object to all or part of the Settlement in a state where you own or owned property.
- Exclusions and objections must be filed in writing by September 14, 2012.

Who Represents Class Members?

Class Counsel have been appointed by the Court to represent you. They will request an award of attorneys' fees, which will vary by state to be paid by Defendants. If you wish, you or your own attorney may ask to appear and speak at the hearing at your own cost. See the website for more information on attorneys' fees

Will an Approval Hearing Be Held?

Approval hearings will be held in each state for which there is a Settlement. Refer to the chart below for the dates of each hearing. Please visit the website or call the toll-free number to find out the time and location of the hearing in the state where your property is.

Dates of Fina	l Approval He	arings	
12/7/12	Missouri	1/15/13	1

Arkansas 12/6/12	lowa 12/7/12	Missouri 1/15/13	Utah 1/14/13
Colorado 12/19/12	Kansas 11/14/12	Nebraska 11/20/12	Vermont 11/9/12
	Maryland 11/30/12	New Jersey 11/14/12	Virginia 11/7/12
	Michigan 11/5/12	New York 11/15/12	West Virginia 11/26/12
	Minnesota 11/9/12	North Carolina 12/13/12	
Indiana 11/16/12	Mississippi 1/16/13	Oklahoma 11/19/12	Wyoming 1/8/13
Colorado 12/19/12 Delaware 12/7/12 Florida 11/7/12 Georgia 12/5/12 Indiana 11/16/12	Maryland 11/30/12 Michigan 11/5/12 Minnesota 11/9/12	New Jersey 11/14/12 New York 11/15/12 North Carolina 12/13/12	Virginia 11/7/12 West Virginia 11/26/1 Wisconsin 12/13/1

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Within Region This year marks the long-anticipated completion of the five-volume Dictionary of American Regional English (Harvard University Press). These tomes feature words and phrases, both old and new, that vary from place to place. Here, some of our favorites (we've added the primary regions for each to help you along). Answers on page 195.

1. pinkletink n., Martha's Vineyard-A: piano. B: light rain shower. C: spring peeper frog. 2. king's ex exclam... Gulf states, west of Mississippi River-A: get lost! B: good luck! C: time out!

3. snail n., California-A: cinnamon roll. B: boyfriend, C: sound made with the sides of the hands.

4. noodle v., Arkansas. Missouri, Oklahoma-A: catch fish harehanded, B: drink from a flask. C: visit neighbors.

s. silver thaw n. Oregon, Washington-A: brook trout B: freezing rain.

C: 50th wedding anniversary. 6. on the carpet adi.,

South-A: under arrest. B: ready to marry, C: exhausted 7. remuda n., Southwest-

A herd of horses B: dry gulch. C: bunk.

8. punee n.. Hawaii-A. loose dress B: couch or sofa.

C: outflow of lava. 9. pungle v., West-

A: bollix. B: pay up. C: make verbal jokes.

SOUND SMARTER

Here's an idiom you should take care not to bungle, regardless of your region or dialect: "If you think X. you've got another think coming." It's not "another thing coming," contrary to popular usage. The reason, as grammarian Bryan Garner puts it: "X is wrong, so eventually you're going to think Y."



10. givey adj., Midand South Atlantic-A. humid or moist B: too talkative C: up for anything. 11. rumpelkammer n.. Wisconsin-A: thunderstorm. B: storage closet. C: unruly child.

12. mug-up n., Alaska-A: mascara kit B: coffee break. C: robbery.

12. berm n.. West Virginia-A: shoulder of a road, B: tip jar, C: big noker hand.

14. hook Jack v., New England-A: come un empty. B; add cheese to a dish. C: skip school.

15. all-overs n., South-A: one-piece suit. B: nervous feelings. C: gossip.

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Answers

- 1. pinkletink—[C] spring peeper frog By May, the pinkletinks are in their fullthroated glory.
- 2. king's ex-[C] time out! As soon as the dentist reached for his drill, Bucky velled. "King's ex!" 3. snail-[A] cinnamon roll. The edge went off my appetite when I found a hair

in my favorite bistro's snail. 4. noodle-[A] catch fish bare-handed. For a guv who used to noodle, Jeremy

sure has clumsy mitts. 5. silver thaw-(B) freezing rain. Hoping to lighten the mood, Audrey did her best Gene Kelly, singing and dancing in the silver thaw.

6. on the carpet—(B) ready to marry. Max is on the carpet, but Grace is still on the fence.

7. remuda-[A] herd of horses. My brother's two kids hit the house during visits like a galloping remuda.

8. punee-[B] couch or sofa. Lounging supine on her punee, Clare spends the

day watching soaps and eating poi chips. o. pungle—[B] pay

up. If you don't pungle soon, they're going to send Biff to visit vou.

10. givey-[A] humid or moist The givey August weather left us drawn down and listless come midday

11. rumpelkammer—[B] storage closet. When we played hide-and-seek nobody could find little Waldo in the rumpelkammer

12. mug-up-[B] coffee break, Maria gets nothing done, because she vaks through a mug-up every ten minutes.

13. berm-[A] shoulder of a road. Thoroughly exhausted by the drive from Portland, Alice pulled to the

14. hook Jack-[C] skip school. Whenever there's an algebra test. Moe and I hook Jack and head for the river

herm for a break

15. all-overs-[B] nervous feelings. I get the all-overs when my brother lets his pet tarantula loose,

SANDWICH SHOP

Match the city with the sandwich name that is common there

1. New York City A. grinder 2. Philadelphia B. po'boy a. Boston C. hero 4. New Orleans D. hoagie 5. Yonkers E. wedge

1C 2 03 3 4 4 8: 5 E

VOCABIII ADV DATINGS 9 and below: Local hero • 10-12: State champ 9 13-15: All-American



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A Class Action Settlement About Chinese Drywall May Affect You

A Settlement has been reached in a class action lawsuit involving drywall imported to the U.S. from China. The lawsuit claims that this Chinese Drywall caused property damage and personal injuries.

The companies being sued are distributors, suppliers, builders, developers, and installers who were associated with Chinese Drywall. Some of these companies ("Participating Defendants") and some of their insurance companies ("Participating Insurers") have agreed to a Settlement. The Participating Defendants and the Participating Insurers deny they did anything wrong.

Who's Included?

You are likely included in the Class if you have any claim for property damage or personal injuries related to Chinese Drywall installed anywhere in the U.S., except for in Virginia. For the specific legal definition of the Class, please visit the website or call the phone number below.

What Can You Get?

Under the Settlement, Participating Defendants and Participating Insurers will contribute \$80 million into a Settlement Fund. At a later date, after other Chinese Drywall Settlements are resolved, the Court will approve a plan to distribute

the Settlement Fund to Class Members. At that time, Class Members may receive payments for their damages. You can register at the website below to be updated if a claims process is available.

Your Other Rights

If you do nothing, you remain in the Class and you may be eligible to receive Settlement benefits You will be bound by all the Court's decisions. If you do not want to be legally bound by the Settlement. you must exclude yourself from the Settlement. The deadline to exclude yourself is September 28, 2012. If you do not exclude yourself you will not be able to sue the Participating Defendants or the Participating Insurers for any claim relating to the lawsuit. If you stay in the Settlement, you may object to all or part of it by September 28, 2012. The Court will hold a hearing on November 13, 2012 to consider whether to approve the Settlement. The Court has appointed attorneys to represent the Class. If you wish, you or your own attorney may ask to appear and speak at the hearing at your own cost

This notice is only a summary. Use the information below to get detailed information, and to register to receive future notifications about this Settlement and related Chinese Drywall Settlements.

Call: 1-877-418-8087 or Visit www.ChineseDrywallClass.com



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Marty Allen, in the Ruffalo News Leaders can let you fail and yet not let

you be a failure. Stanley McChrystal, retired U.S. Army four-star general

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... has been to expand articulation, rather than to close it. Toni Morrison ... I don't regret, as long as I

enjoyed it at the time. Katharine Hepburn

... I've never been ready to do. Lyle Lovett

You've got to try hard not to be nice. Vince Gill in Parade

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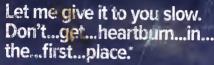
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